

**BEST of the BEST**  
from

# Tennessee

**COOKBOOK**

Selected Recipes from Tennessee's  
**FAVORITE COOKBOOKS**



STATE  
COOKBOOK  
SERIES

*Edited by*  
**GWEN McKEE and BARBARA MOSELEY**

Completely  
New Edition!

# Collect the Series!

## Gwen McKee and Barbara Moseley

went out to find America's best recipes and in the process,  
created the **BEST OF THE BEST STATE COOKBOOK SERIES.**

*(See inside back cover for a complete listing.)*





**BEST of the BEST**  
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*Tennessee*  
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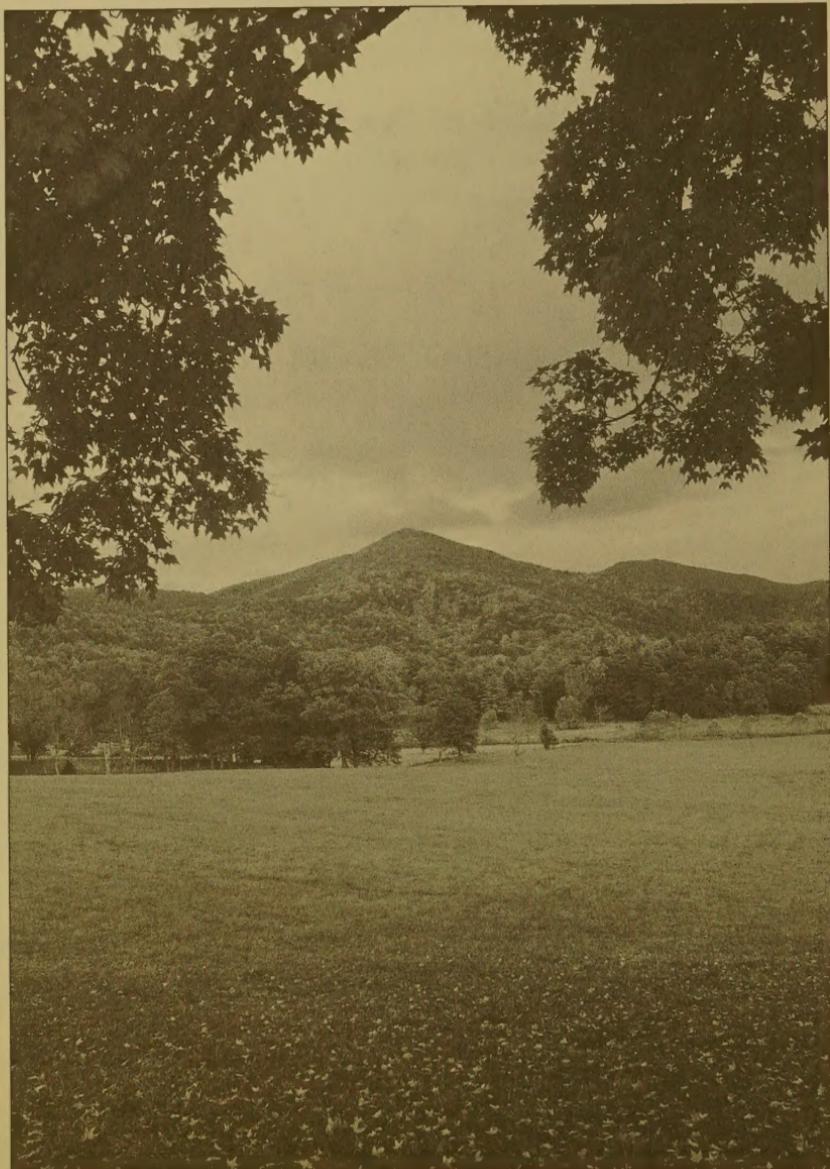


PHOTO © LEE FOSTER

*The most visited part of the Great Smoky Mountains, Cades Cove, a 6,800-acre valley near Townsend, provides a sample of the Great Smoky Mountains National Park's natural and cultural history. The Smoky Mountains, which tower above, serve as guardians to Cades Cove's serene beauty—it's breathtaking!*



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Selected Recipes from Tennessee's  
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Edited by  
**Gwen McKee**  
and  
**Barbara Moseley**

Illustrated by Tupper England



**QUAIL RIDGE PRESS**  
*Preserving America's Food Heritage*



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PHOTO © LEE FOSTER

Ryman Auditorium, a national historic landmark, is largely identified as the original home of the Grand Ole Opry, which first opened its doors in 1943. The Opry moved in 1974, and today, Ryman Auditorium is a museum, and Nashville's premier performance hall.



## Preface

Tennessee . . . beautiful, entertaining, adventurous . . . it is truly a "happenin'" state! You can literally hear Tennessee, because its music is such an important part of its culture. From Beale Street in Memphis to the Grand Ole Opry in Nashville to the Smoky Mountain trails in Gatlinburg, the whole state seems to vibrate with energy and rhythm.

Tennessee is right in the middle of everything. Touching eight states, it is, in fact, no more than a day's drive for 75 percent of the US population. So lots of people drive through Tennessee . . . and a whole lot of them don't want to leave.

Though decidedly southern, the cooking in Tennessee is quite versatile. It started with country, comfy foods, and they are the basis of what Tennessee cuisine is all about. Food like Chicken and Dumplings and Sweet Potato Casserole and Country Apple Coffee Cake are still just as popular now as they have always been. You'll likely find grits and biscuits and barbecue on most every local menu. But Tennesseans open their taste buds to all kinds of new ideas and creations—Picante Quiche, Thunder Road Burger, Pecan-Crusted Pork Loin, Double Dipper Chocolate Brownies . . . yum! These recipes often make their way to local cookbooks, and finding them and being able to preserve them has been our mission and our delight. Entertaining at home, still a popular get-together option, gives rise to recipes whose rave reviews travel literally by word of mouth. Tea rooms and restaurants and bed and breakfast establishments rely on tasty food bringing customers and friends back for more. The cooking is so good, in fact, that it made us want to go back for more. And so we did.

The first edition of *Best of the Best from Tennessee* was published in 1987 and was the fifth edition in the **BEST OF THE BEST STATE COOKBOOK SERIES**, a series that now includes every state. With the passage of time came many new Tennessee cookbooks not included in the first edition, so many, in fact, we decided it



## PREFACE

was time to produce a completely new edition. All of the recipes in this edition are new and none have been repeated from the original edition. We just discovered The Chattanooga Salsa Queen, Church Social Cake, Spitz Boo Ben Cookies . . . some are old recipes, some new, all delicious!

As editors of this outstanding collection, we truly enjoyed pulling all the pieces together . . . all the ingredients, if you will . . . and getting to know so many lovely people in Tennessee. The seventy-six cookbooks that contributed favorite recipes to this collection are the best! You can find out all about them in the "Catalog of Contributing Cookbooks" section beginning on page 257. We are grateful indeed for their cooperation and for their talented cooks sharing their tasty recipes.

Discovering more of Tennessee has been a delight, and to everyone who helped us to do so, we send our thanks. The food editors, the book and gift shop managers, and the chambers of commerce personnel were all so very enthusiastic and proud to share what's cookin' on and off the stove in their state. Thanks Tupper England for your wonderful illustrations that take us all over Tennessee. And thanks to all of our staff, especially our invaluable assistant, Terresa Ray.

Tennesseans know how to cook and they seem to love doing it . . . and that's a fact! Grab a fork and come join us.

*Gwen McKee and Barbara Moseley*



## Contributing Cookbooks

*All Your Favorite Foods Made Healthy*  
*Answering the Call of Those in Need*  
*The Apple Barn Cookbook*  
*The Apple Barn Cookbook II*  
*Ballots to Shallots*  
*The Bridge from Brooklyn*  
*Burnt Offerings*  
*Burnt Offerings II*  
*Candy's Favorite Recipes*  
*Choice Recipes from Choices Restaurant*  
*Civil War Period Cookery*  
*The Coming Home Cookbook*  
*The Complete "I Can't Cook Cookbook"*  
*Cookin' in the Grove*  
*Cooking with Friends—Curry Chapel*  
*Cooking with Friends—Highland Heights Presbyterian Church*  
*Country Favorites*  
*A Culinary Collection*  
*Dining in the Smoky Mountain Mist*  
*Dining with Pioneers Volume I*  
*Dining with Pioneers Volume II*  
*Dixie Kickin's Country Cooking*  
*Favorite Recipes Home-Style*  
*Feed U S First*  
*Fine Dining Tennessee Style*  
*First Sunday Cookbook*  
*Fit for a King*  
*Fite for Your Life II*  
*Food for the Flock Volume II*  
*Forgotten Recipes*  
*Friends and Family: Recipes & Remembrances*  
*From Our Kitchen to Yours Volume II*  
*Good Cooking!*  
*Good Humor Cookin'*  
*Have You Heard...A Tasteful Medley of Memphis*  
*Historical Christmas Cookery*  
*Historical Thanksgiving Cookery*  
*Holidays at Home*  
*Jack Daniel's Old Time Barbecue Cookbook*



## **Contributing Cookbooks**

Jack Daniel's *The Spirit of Tennessee Cookbook*  
    Key Ingredients  
    Kitchen Komforts  
    A Lifetime Collection  
    Linen Napkins to Paper Plates  
    Marvelous Morsels  
Miss Daisy's *Healthy Southern Cooking*  
Miss Mary Bobo's *Boarding House Cookbook*  
Nothing Says Loving Like Something from the Kitchen  
    Once Upon a Recipe  
    Open House: A Culinary Tour  
    Peacock Pantry  
    Premium Recipes  
    Provisions & Politics  
Recipes & Memories: *Bishop's Best Family Recipes*  
    Recipes from Home  
    Recipes from Miss Daisy's  
    Senior Leaders Cookbook  
Sharing Our Best—East Ridge  
    Sharing Our Best—Franklin  
    Smoke in the Mountains Cookbook  
Smokehouse Ham, Spoon Bread, & Scuppernong Wine  
    Smoky Mountain Magic  
The Southern Gospel Music Cookbook  
    The Table at Grey Gables  
    A Taste of Historic Lynchburg  
A Taste of the Good Life: *From the Heart of Tennessee*  
    Taste of the Town  
    Tastes from the Country  
    Tennessee Cook Book  
The Tennessee Outdoorsmen Cookbook  
    Toast to Love  
    Today's Herbal Kitchen  
    Treasures from Heaven  
Treasures from Heaven Volume II  
What's Cookin' in Jean's Kitchen?  
Whop Biscuits & Fried Apple Pie



## Beverages and Appetizers



PHOTO © LEE FOSTER

*Sun Studios in Memphis is considered the Birthplace of Rock 'n Roll. Here, in this unassuming storefront, owner and producer Sam Phillips launched the careers of such rising stars as Elvis Presley, Carl Perkins, Johnny Cash, Jerry Lee Lewis, B.B. King, Howlin' Wolf, Rufus Thomas, and other significant artists.*

*Tennessee Mud***Coffee****Jack Daniel's Whiskey****Amaretto**

Pour coffee into cup. Add Jack Daniel's Whiskey and amaretto to taste. Makes 1 serving.

**Jack Daniel's The Spirit of Tennessee Cookbook**

*Used by permission of Rutledge Hill Press, Nashville, TN*

*Coffee Punch***1 cup sugar****1/2 cup instant coffee granules****1 cup boiling water****1 quart vanilla ice cream, softened****1 quart chocolate ice cream, soft****ened****Cinnamon to taste**

Combine sugar and coffee granules in a heat-proof pitcher and stir. Add boiling water and stir until sugar and coffee granules dissolve. Chill in refrigerator until serving time. Pour coffee mixture into a punch bowl. Add vanilla and chocolate ice cream and mix well. Sprinkle with cinnamon. Ladle into punch cups. Yields 18 (1/2-cup) servings.

*Once Upon a Recipe*



Legend has it that Theodore Roosevelt, while dining at the old Maxwell House Hotel in Nashville, commented that the coffee was "good to the last drop," a phrase that was used later in advertising Maxwell House Coffee.



## BEVERAGES

### Wedding Punch

2½ cups pineapple juice, chilled	1 (12-ounce) bottle ginger ale or
1 pint lime, lemon, or raspberry sherbet, softened	Seven-Up
1 pint vanilla ice cream, softened, divided	

Combine pineapple juice, sherbet, and ½ of ice cream. Beat until smooth. Add ginger ale or Seven-Up. Spoon remaining ice cream into punch. Serve immediately. Yields 14 (½-cup) servings.

*Favorite Recipes Home-Style*

### Tea Punch

2 (12-ounce) cans frozen orange juice concentrate	4 (6-ounce) cans pineapple juice
2 (12-ounce) cans frozen lemonade concentrate	2 gallons brewed tea, chilled
	2 cups sugar (or more to taste)

Do not dilute concentrated juices. Mix all together. Serve with plenty of ice. Serves 24–30.

*Choice Recipes from Choices Restaurant*

### Tangy Tea

2 family-size tea bags	1 (6-ounce) can frozen limeade
3 cups boiling water	1 (6-ounce) can frozen lemonade
1½ cups sugar	Enough water to make 1 gallon

Place tea bags in a 1-gallon container. Pour boiling water over tea and steep for 10 minutes. Remove tea bags and add remaining ingredients. Serve over ice. Yields 1 gallon.

*Have You Heard...A Tasteful Medley of Memphis*



## BEVERAGES

### *Spiced Tea*

**2 cups Tang**  
**½ cup instant tea**  
**(unsweetened)**  
**1 ¼-1 ½ cups sugar**

**¼ teaspoon cinnamon**  
**½ teaspoon cloves**  
**1 package Lemon Flavor**  
**Unsweetened KOOL-AID**

Mix ingredients and place in jar; seal tightly. When ready to serve, add 3 teaspoons mixture per cup of hot water.

**Premium Recipes**

### *LeConte Sunrise Juice*

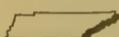
**2 cups orange juice**  
**2 cups apple juice**  
**½ cup chopped pineapple**

**1 cup capped strawberries**  
**3 bananas**

Blend all ingredients in food processor; place in freezer until almost completely frozen. Re-blend and serve. Serves 6.

*Recipe from the Burning Bush Restaurant, Gatlinburg  
Fine Dining Tennessee Style*

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During his childhood, Alex Haley lived for a short while in Henning. It was here that the family history handed down by Haley's grandmother and aunts inspired him to write *Roots*, a best-selling novel about his ancestors who had been brought to America as slaves.

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## BEVERAGES

### Askins Brew

9 cups water, divided	1 1/4 cups sugar
1 1/2 tablespoons whole cloves	1 (3-ounce) box cherry Jell-O
2 sticks cinnamon	9 ounces orange juice
1/4 teaspoon ginger	12 ounces pineapple juice
3 tea bags	1/4 cup lemon juice
7 1/2 cups water	

Boil 1 1/2 cups water, cloves, cinnamon, ginger, and tea bags, then simmer. Let steep 15 minutes. In large pan, boil remaining 7 1/2 cups water and sugar for 2 minutes. Add Jell-O, orange juice, pineapple juice, and lemon juice. Makes 1 1/2 gallons.

*A Taste of Historic Lynchburg*

### Tennessee-Style Apple Cherry Liqueur

5 (16-ounce) cans tart red pitted cherries, drained	1 1/2 teaspoons whole allspice
2 fresh unpeeled apples, cored and quartered	1 1/2 teaspoons whole cloves
2 cups sugar	1 cinnamon stick
	4 cups Jack Daniel's Whiskey

Combine all ingredients in a 4-quart glass jar. Stir; cover. Place in a cool, dark place for at least 8 weeks. Stir daily or several times a week. Strain before serving. Serve in liqueur glasses. Makes 1 quart of delicious liqueur.

**Jack Daniel's The Spirit of Tennessee Cookbook**

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*Berry Hot Cider*

Very pretty and so good.

**8 cups apple cider**

**1 (10-ounce) package**

**unsweetened red raspberries**

**1 (4-inch) cinnamon stick**

**1½ teaspoons whole cloves**

**Apple wedges**

Combine apple cider, raspberries, cinnamon, and cloves in a saucepan and mix well. Bring to a boil and reduce heat. Simmer 10 minutes. Strain through a cheesecloth-lined strainer into a pitcher, discarding solids. Pour into serving cups. Float an apple wedge in each cup. Serves 6-8.

**Peacock Pantry**

*Becky's Holiday Wassail*

**2 quarts apple cider**

**2 cups orange juice**

**2 cups pineapple juice**

**1 (7½-ounce) package**

**Red Hots cinnamon candy**

**4 cinnamon sticks**

**1 teaspoon whole cloves**

**Sugar (optional)**

Combine all ingredients in a saucepan. Sweeten to taste. Heat until candies melt. Turn on low and simmer for flavor, 30 minutes to 1 hour.

**Treasures from Heaven Volume II**





## BEVERAGES

### *Nashville's Hot Cranberry Mull*

Great for the holidays.

<b>1 gallon</b> cranberry juice	<b>1 teaspoon</b> whole cloves
<b>2 (6-ounce)</b> cans frozen lemonade	<b>1/2 teaspoon</b> allspice
<b>2 (6-ounce)</b> cans frozen orange juice	Peel from <b>1/2</b> orange, cut into strips
<b>1 cup</b> sugar	Peel from <b>1/2</b> lemon, cut into strips
	<b>1/4</b> stick butter

Place cranberry juice, lemonade, orange juice, and sugar in large kettle or saucepan. Place spices and peels in a square of cheesecloth. Tie securely and drop into juice mixture; bring to a boil. Immediately reduce heat to low. Keep burner turned on just enough to keep mull hot. Remove spice bag and add butter; stir well. Will serve 30-40 cups, depending on size.

*Dining with Pioneers Volume I*

### *Warm Christmas Punch*

<b>1 (32-ounce)</b> can cranberry juice	<b>1/3</b> cup Red Hots candies
<b>1 (32-ounce)</b> can pineapple juice	<b>1 (3 1/2-inch)</b> cinnamon stick (optional)

In a slow cooker, combine juices, red hots, and cinnamon stick. Cook on low for 2-5 hours. Remove cinnamon stick before serving. Use additional cinnamon sticks as stirrers, if desired. Makes 2 quarts.

*From Our Kitchen to Yours Volume II*



## APPETIZERS

### *Frizzled Dried Beef Cheese Ball*

**1 (8-ounce) package cream cheese, softened  
2 teaspoons prepared horseradish**

**1 teaspoon prepared mustard  
1 (2 1/4-ounce) jar sliced dried beef  
1-2 tablespoons butter**

Blend well the cream cheese, horseradish, and mustard. Shape into a ball and chill. Frizzle beef by separating beef slices and frying quickly in hot butter. Chop beef when it is cool. Roll cheese ball in chopped beef.

*Linen Napkins to Paper Plates*

### *Fruited Cheese Ball*

**1 (8-ounce) package cream cheese, softened  
2 ounces crumbled feta cheese**

**1/2 cup fruit preserves (any flavor)  
1/4 cup chopped pecans or walnuts**

Combine cream cheese and feta cheese in a small bowl and mix until well blended. Stir in fruit preserves and pecans. Shape into a ball and wrap in plastic wrap. Chill until serving time. Yields 10 servings.

**Variation:** You may roll the cheese ball in the chopped nuts rather than mixing them into the cheese. Cheese ball may be prepared up to 5 days in advance. Flavor is best if it is prepared at least 3 days in advance.

*Marvelous Morsels*

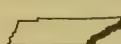
## APPETIZERS

### Marinated Cheese

1/2 cup olive oil	3/4 teaspoon dried whole basil
1/2 cup white wine vinegar	1/2 teaspoon salt
1 (2-ounce) jar diced pimento, drained	1/2 teaspoon freshly ground black pepper
3 tablespoons chopped fresh parsley	1 (8-ounce) block sharp Cheddar cheese, chilled
3 tablespoons minced green onions	1 (8-ounce) package cream cheese, chilled
3 cloves garlic, minced	Fresh parsley sprigs (optional)
1 teaspoon sugar	

Combine all ingredients except cheeses and parsley sprigs in a jar. Cover tightly and shake vigorously. Cut Cheddar cheese in half lengthwise. Cut crosswise into  $\frac{1}{4}$ -inch thick slices. Repeat procedure with cream cheese. Arrange cheese slices alternately in a shallow baking dish, standing slices on edge. Pour marinade over cheese; cover and refrigerate at least 8 hours. Transfer cheese slices to a serving platter in the same alternating fashion and cover with marinade. Garnish with parsley sprigs, if desired. Serve with assorted crackers. Serves 16.

### Have You Heard...A Tasteful Medley of Memphis

 Ridge upon ridge of endless forests straddle the border between Tennessee and North Carolina in the Great Smoky Mountains National Park, one of the largest protected areas in the eastern United States. With over 500,000 acres, it is world renowned for the diversity of its plant and animal life, the beauty of its ancient mountains, the quality of its remnants of southern Appalachian mountain culture, and the depth and integrity of its wilderness sanctuary. The park attracts over nine million visitors each year, making it the most visited national park in the United States. It was named for the smoke-like bluish haze that often envelops these fabled mountains.

## Sun-Dried Tomato and Pesto Boursin Torta

**BASIL PESTO:**

3 medium garlic cloves	$\frac{1}{2}$ cup (2 ounces) freshly grated
2 tablespoons pine nuts	Parmesan cheese
1 cup chopped fresh basil leaves (1½ ounces)	$\frac{1}{3}$ cup extra virgin olive oil

Add garlic cloves one at a time to a food processor, processing constantly until finely chopped. Add pine nuts, basil, and cheese. Process until basil is chopped. Add olive oil gradually, processing constantly until blended and scraping side of bowl as needed. Spoon pesto into a covered container. Store in refrigerator for up to 2 days. Bring to room temperature before using.

**TORTA:**

1 (8-ounce) jar sun-dried tomatoes, drained, divided	1 teaspoon thyme
3 (8-ounce) packages cream cheese, softened	1 teaspoon basil
6 tablespoons butter or margarine, softened	1 teaspoon oregano
4 large garlic cloves, crushed and chopped	1 teaspoon dill weed
	1 teaspoon marjoram
	1 teaspoon salt-free seasoning mix
	$\frac{1}{3}$ teaspoon freshly ground pepper
	1 sprig basil

Line a loaf pan with plastic wrap, allowing enough overhang to cover Torta. Pat sun-dried tomatoes with paper towels and chop. Beat cream cheese and butter in mixing bowl until smooth, scraping bowl occasionally. Add garlic, thyme, basil, oregano, dill weed, marjoram, salt-free seasoning mix, and pepper to cream cheese mixture, and beat until blended. Chill, covered, for 15 minutes.

Spread half the cream cheese mixture in prepared loaf pan. Spread with pesto. Sprinkle with  $\frac{1}{4}$  cup sun-dried tomatoes. Layer with remaining cream cheese mixture and smooth with a knife. Cover with plastic wrap. Chill for 4 hours or longer.

Invert Torta onto a serving platter, discarding plastic wrap. Sprinkle with remaining sun-dried tomatoes and top with sprig of basil. Serve with assorted party crackers. Serves 12–15.

**Note:** You may substitute 1 (3- to 4-ounce) jar commercially prepared basil pesto for the homemade pesto.

## APPETIZERS

### ***Tomato-Feta Appetizers***

<b>1</b> frozen puff pastry sheet, thawed	<b>2</b> tablespoons finely chopped fresh basil
<b>1</b> cup shredded mozzarella cheese	<b>1</b> tablespoon finely chopped fresh thyme or oregano
<b>1</b> (4-ounce) package crumbled feta cheese	<b>1</b> tablespoon finely chopped fresh chives
<b>1/4</b> cup minced Vidalia or other sweet onion	<b>4</b> Roma tomatoes, thinly sliced
<b>1</b> clove garlic, minced	<b>1</b> tablespoon virgin olive oil

Roll puff pastry into a square on a lightly floured surface. Transfer to ungreased baking sheet. Bake at 400° for 10 minutes or until golden brown. Carefully transfer to wire rack to cool.

When cool, return to baking sheet. Sprinkle with cheeses, onion, and garlic. Top with basil, thyme, and chives. Arrange tomato slices in a single layer on top and drizzle with oil. Bake at 400° for 15 minutes or until cheese melts. Cut into squares, with 1 tomato slice in each square. Yields about 2 dozen.

#### ***Key Ingredients***





## APPETIZERS

### Bacon, Lettuce & Tomato Bruschetta

8-10 slices bacon, cooked  
crisp and crumbled  
1½ cups seeded and chopped  
Roma tomatoes  
1 cup chopped leafy green  
lettuce  
2 tablespoons chopped fresh  
basil leaves

1 clove garlic, minced  
¼ teaspoon salt  
½ teaspoon pepper  
⅓ cup olive oil  
½ (16-ounce) package twin French  
bread loaves, cut into ¼-inch  
slices

In a bowl, toss together all ingredients, except oil and bread. Brush olive oil on both sides of bread slices; place on baking sheet. Bake at 400° for 7 minutes per side or until crisp and golden brown. Spoon about 1 tablespoon topping on each toast round. Makes 24 appetizers.

*Tennessee Cook Book*

### Pita Crisps

These crisps are excellent as an appetizer or as a condiment at the dinner table to eat between courses.

½ cup butter, softened  
1 teaspoon chopped chives  
1 clove garlic, chopped  
¼ teaspoon chopped chervil

2 tablespoons grated Parmesan  
cheese  
1 (10-ounce) package pita bread

Preheat oven to 400°. In a bowl, mix butter, chives, garlic, chervil, and Parmesan cheese until well blended. Split pita bread apart and spread both halves with seasoned butter mixture. Cut each half into 8 wedges.

Place on baking sheet and bake until toasted, about 6 minutes. Serve warm in a basket. Makes 8 servings.

*The Table at Grey Gables*

## APPETIZERS

### Cheddar Walnut Toasts

8 (6-inch) whole-wheat pita breads, split horizontally	$\frac{1}{4}$ cup dry sherry
1 (12-ounce) package shredded sharp Cheddar cheese	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup ( $\frac{1}{2}$ stick) unsalted butter, softened	Tabasco sauce to taste
	$1\frac{1}{2}$ cups finely chopped walnuts, lightly toasted

Cut each pita bread into 4 wedges. Toast until crisp; set aside. Beat cheese, butter, sherry, salt, and Tabasco sauce in mixing bowl until well blended. Stir in walnuts. Spread cheese mixture over toasted pita wedges. Arrange pita on baking sheet. Broil 1-2 minutes or until cheese topping is lightly browned and bubbly. Yields 64 toasts.

*Open House: A Culinary Tour*

### Artichoke and Spinach Swirls

2 teaspoons unsalted butter	$\frac{1}{2}$ cup grated Gruyère cheese
$\frac{1}{4}$ cup chopped onion	$\frac{1}{4}$ cup grated Parmesan cheese
1 clove garlic, minced	1 frozen puff pastry sheet, thawed
2 cups chopped fresh spinach, blanched and squeezed dry	1 egg
$\frac{3}{4}$ cup chopped canned artichoke hearts, drained	1 teaspoon water

Heat oven to 400°. In skillet over medium heat, melt butter. Add onion and garlic. Cook until tender, about 2-3 minutes. Remove from pan and combine in bowl with spinach and artichokes. Let cool. Stir in cheeses. Unfold pastry sheet on lightly floured surface. Top with vegetable-cheese mixture, leaving  $\frac{1}{2}$ -inch border. In bowl, combine egg and water. Starting at one end, roll pastry jelly-roll-style. Cut into  $\frac{1}{2}$ -inch slices. Lay flat, 2 inches apart on baking sheets. Brush with egg mixture. Bake 15 minutes or until golden.

*Recipes from Home*

*Sango Sin*

**2** loaves French bread  
**1** (8-ounce) package cream  
cheese, softened  
**1** (8-ounce) container sour  
cream  
**2** cups shredded Cheddar  
cheese

**3/4** cup chopped cooked ham  
**1/4** cup chopped green onions  
**1/3** cup chopped green bell pepper  
**1** tablespoon Worcestershire  
**1** dash hot sauce

Slice off top of one bread loaf. Hollow out bottom section, leaving a shell. Cut bread top and the other loaf of bread into 1-inch cubes; place onto baking sheet. Bake at 350° for 11 minutes or until lightly browned.

Beat cream cheese until smooth; add sour cream. Stir in Cheddar cheese and remaining ingredients. Spoon into bread shell, wrap with aluminum foil, and place on baking sheet. Bake at 350° for 30 minutes, or until thoroughly heated. Unwrap, place on serving platter, and surround with toasted bread cubes. Yields 16 servings.

*Linen Napkins to Paper Plates*



## APPETIZERS

### Sausage Bread

**1 (1-pound) package frozen bread dough  
1 pound hot bulk sausage  
1 (3.5-ounce) package pepperoni, chopped  
1 cup shredded mozzarella cheese**

**1 cup shredded sharp or mild Cheddar  
1 cup chopped onion  
1 cup chopped green bell pepper**

Let dough reach room temperature (it will rise). Cook sausage very lightly, just so pink is gone; drain. Add pepperoni. Spread dough on cookie sheet. Layer with cheeses, onion, pepper, and combined meats. Roll dough up slightly, folding ends after each roll. Put roll on cookie sheet or pizza pan with crease on bottom. Bake at 350° for 25–30 minutes or until golden brown on top. Slice into serving pieces. Can be eaten hot or cold.

*Cooking with Friends—Curry Chapel*

### Sausage and Sauerkraut Dip

**1 pound bulk sausage, browned  
1 cup chopped sauerkraut**

**1 cup hot or mild picante sauce  
4 ounces sour cream**

Brown sausage in heavy skillet, stirring to keep from sticking together. When about done, add sauerkraut and picante sauce. Cook until heated through. Add sour cream. Serve with chips.

*Nothing Says Loving Like Something from the Kitchen*

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A familiar nocturnal visitor to many campsites in Tennessee and closely associated with legendary frontiersman Davy Crockett, the raccoon was adopted as the state's wild animal in 1972.

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## Pineapple Fruit Dip

Serve this dip in a hollowed-out pineapple for a beautiful presentation. Package with fruits of the season for a cool and refreshing gift.

1/2 cup sugar	1 cup pineapple juice
2 tablespoons flour	1 (8-ounce) package cream
1 egg, beaten	cheese, softened

Combine sugar, flour, egg, and pineapple juice in saucepan. Cook over low heat until thickened, stirring constantly. Remove from heat. Beat in cream cheese until well blended. Chill, covered, until serving time. Serve with a variety of fresh fruit. Yields 2 cups.

**Marvelous Morsels**

## Cucumber Spread with Lemon Thyme

1 medium cucumber, peeled and seeded	Dash of hot pepper sauce
1/2 medium onion	1 drop green food coloring (optional)
1 (8-ounce) package cream cheese, softened	1 tablespoon fresh lemon thyme, or to taste
Dash of salt	

Grind cucumber to a pulp in blender or food processor. Place on a double layer of cheesecloth and squeeze out juice. Grind onion in blender or food processor. Add cucumber, cream cheese, and remaining 4 ingredients. Blend until fairly smooth. Refrigerate overnight. Serve with fresh vegetables or crackers. Yields about 1 cup.

**Today's Herbal Kitchen**

## APPETIZERS

### *Doc Holliday's Special Hot Mushroom Dip*

4 slices bacon	1/8 teaspoon pepper
8 ounces fresh mushrooms, sliced	1 (8-ounce) package cream cheese, cut into small pieces
1 medium onion, finely chopped	2 teaspoons Worcestershire
1 clove garlic, minced	2 teaspoons soy sauce
2 tablespoons flour	1/2 cup sour cream
1/2 teaspoon salt	

Fry bacon in large skillet over medium heat until crispy. Remove bacon to paper towels to drain. Drain skillet, reserving 2 tablespoons pan drippings. Crumble bacon and set aside.

Sauté mushrooms, onion, and garlic in reserved pan drippings over medium heat 6-8 minutes, or until tender and most of the liquid has evaporated. Stir in flour, salt, and pepper. Add cream cheese, Worcestershire, and soy sauce. Cook over low heat until cream cheese has melted, stirring constantly. Remove from heat. Stir in sour cream and crumbled bacon. Pour into serving bowl. Serve warm with assorted crackers and bread sticks. Serves 8-10.

#### *Taste of the Town*

 During the late 1700s, settlers from the Carolinas followed old Indian trails through the Smoky Mountains along the Pigeon River to what is today Pigeon Forge. Pioneer Isaac Love established an iron forge there in 1820 and his son, William, built a tub mill ten years later. The Old Mill, now a National Historic Site, remains operational. The iron forge and the flocks of pigeons that fed along the river banks in the early years gave the town its name. Pigeon Forge continued as a sleepy farming community until the Great Smoky Mountains National Park was dedicated in 1940. The town slowly began to grow, incorporating in 1961. The tourism boom hit the city in 1982 and since then, growth has been rapid. Pigeon Forge has become one of the most popular vacation destinations in the southeastern United States. Voted one of the South's favorite shopping spots by *Southern Living* readers, Pigeon Forge is equally famous for its more than 200 factory outlets and specialty stores. Packed with music theaters and family attractions, it is also home to the state's top attraction—Dollywood.



## APPETIZERS

### *The Chattanooga Salsa Queen*

*Viva la Mexico!*

**6-8 fresh tomatoes, chopped,  
divided**  
**1 green bell pepper, chopped**  
**½ red bell pepper, chopped**  
**1 orange bell pepper, chopped**  
**2 small red chile peppers,  
chopped**

**½ small habanero pepper, chopped**  
**3-4 jalapeño peppers, chopped**  
**1 sweet yellow onion, chopped**  
**½ bunch cilantro, chopped**  
**1 teaspoon salt**  
**Juice of 1 lemon**

Set aside ½ of the chopped tomatoes in a separate bowl. Place remaining tomatoes and other chopped vegetables in food processor. Add cilantro. Pulsate until chopped to desired consistency. Add salt and lemon juice and pulsate until well blended (5-7 seconds). Pour into reserved tomatoes and stir, making sure to blend together thoroughly. Chill in bowl 3 hours. Pour into sterilized jars. Serve with chips suitable for dipping.

*Smoke in the Mountains Cookbook*

### *Barbecue Red Dogs*

**2 cups ketchup**  
**1 cup firmly packed brown  
sugar**

**1 cup Jack Daniel's Whiskey**  
**2 (16-ounce) packages hot dogs,  
cut into 1-inch chunks**

Combine ketchup, brown sugar, and Jack Daniel's in a saucepan. Bring to a boil. Cover and reduce heat. Simmer 2 hours, stirring occasionally. Add hot dog chunks and simmer 5 more minutes. Serve in chafing dish with toothpicks.

*Jack Daniel's Old Time Barbecue Cookbook*

## APPETIZERS

### Chicken Sticks

7 or 8 boneless, skinless chicken breasts	1 cup grated Parmesan cheese
1 cup butter or margarine, melted	1½ teaspoons salt
2 cups fine Italian bread crumbs	1 tablespoon thyme
	1 tablespoon basil

Cut chicken breasts into 1½-inch pieces. Dip chicken pieces into melted butter. Combine remaining ingredients in bowl. Coat chicken pieces with bread crumb mixture. Place on baking sheet in single layer. Bake at 400° for 15–20 minutes. Makes 14–16 servings.

*Dining with Pioneers Volume II*

### Cajun Grilled Wings

¼ cup Louisiana hot sauce	¼ cup Cajun seasoning
2 tablespoons Jack Daniel's Whiskey	3–4 pounds chicken wings

In large bowl, mix hot sauce, whiskey, and seasoning. Add chicken and rub in mixture. Cover chicken well and put in refrigerator for one hour. Spread chicken out on large platter and shake on a little more Cajun seasoning. Put on grill on low heat. Cook slowly and turn often. Good served with celery, carrots, and ranch or blue cheese dressing.

*Dixie Kickin's Country Cooking*



Tennessee Williams, a two-time Pulitzer Prize-winning playwright, wrote his first play, *Cairo, Shanghai, Bombay*, while recovering from a nervous break down at his grandparents' home in Memphis.



## Corn Rounds

Yummy!

**4 ears fresh corn**  
**1/4 cup (1/2 stick) butter**  
**1 tablespoon chopped fresh**  
**oregano leaves**

**1/2 teaspoon cumin**  
**1/4 teaspoon salt**  
**1/4 teaspoon cayenne pepper**

Shuck corn and remove silk. Rinse and pat dry. Cut corn into 1 1/2-inch rounds. Boil corn rounds in water to cover in a large saucepan 3-4 minutes or until tender; drain. Melt butter with oregano, cumin, salt, and cayenne pepper in a large skillet. Add corn and toss to coat. Cook 2-3 minutes or until heated through. Serve hot. Serves 4-6.

**Peacock Pantry**

## Italian Potato Croquettes

Great appetizer or side dish.

**5 pounds boiled white potatoes,**  
riced  
**1 cup grated cheese**  
**1/2 cup parsley flakes**  
**1 1/2 teaspoons salt**

**1/8 teaspoon black pepper**  
**2 eggs, separated**  
**2 cups bread crumbs**  
**Vegetable oil**

In large bowl, place riced potatoes, cheese, parsley, salt, pepper, and egg yolks. Mix well. In medium bowl, whisk egg whites. In another medium bowl, place bread crumbs.

With wet hands, take a handful of mixture and roll to a 3-inch log. Dip log in egg whites, then bread crumbs. Fry in hot oil till lightly browned. Use a slotted spoon to remove; drain well on paper towels.

**The Bridge from Brooklyn**

## *Stuffed Eggs*

**1 dozen large eggs**  
**2 tablespoons mayonnaise**  
**2 tablespoons sour cream**  
**3 tablespoons sweet pickle relish**

**1½ teaspoons mustard**  
**1 teaspoon lemon juice or vinegar**  
**½ teaspoon salt**  
**¼ teaspoon pepper**  
**Paprika for garnish**

Place eggs in one layer in a pan of cold water to cover 1 inch above eggs. Let come just to a boil (do not boil). Remove from heat, cover, and let stand in hot water 15-17 minutes. Pour water off; immediately run cold water over eggs until cool enough to handle. To remove shell, gently tap egg all over, roll between hands to loosen shell, then hold egg under cold running water as you peel off shell.

Slice eggs in half lengthwise, and carefully remove yolks. Mash yolks with mayonnaise and sour cream. Add remaining ingredients; mix well. Spoon yolk mixture into egg whites. Sprinkle with paprika.

*What's Cookin' in Jean's Kitchen?*

## *Sweet Nothings*

**1 stick butter**  
**1 cup creamy peanut butter**  
**1 (12-ounce) bag peanut butter morsels**

**1 (12-ounce) box Rice Chex**  
**1 (1-pound) box confectioners' sugar**

Melt butter, then stir in peanut butter and morsels until melted. Pour over Rice Chex. Put mixture in large bag and pour in confectioners' sugar. Shake bag until Chex are well coated.

*Sharing Our Best—East Ridge*



## APPETIZERS

### Oat Squares Trail Mix

**2** cups packed brown sugar  
**1** cup (2 sticks) margarine  
**½** cup light corn syrup  
**1** teaspoon salt  
**1** teaspoon vanilla extract

**½** teaspoon baking soda  
**1** (16-ounce) package oatmeal  
squares cereal  
**1** cup pecan halves

Combine brown sugar, margarine, corn syrup, and salt in a saucepan. Bring to a boil, stirring occasionally. Boil for 5 minutes. Remove from heat. Stir in vanilla and baking soda.

Combine cereal and pecans in roasting pan. Pour sugar syrup over cereal mixture and mix well. Bake at 250° for 1 hour, stirring every 15 minutes. Let stand until cool. Store in airtight container. Yields 16 servings.

*Once Upon a Recipe*

### Spicy Snack Mix

**½** cup (1 stick) butter or  
margarine, melted  
**1** envelope taco seasoning mix  
**4** cups cheese snack crackers  
**4** cups corn cereal squares

**1** (12-ounce) jar peanuts (2½  
cups)  
**2** cups small pretzels  
**2** (3-ounce) cans French fried  
onions

Preheat oven to 250°. Combine butter and seasoning mix in a bowl and mix well. Combine crackers, cereal, peanuts, pretzels, and onions in roasting pan and mix well. Add butter mixture, tossing to coat. Bake for 1 hour, stirring every 15 minutes. Let stand until cool. Store in airtight container. Yields 15 cups.

*Holidays at Home*

## APPETIZERS

### Toasted Pecans

**1/2 stick butter**

**Salt (optional)**

**1 pound shelled pecan halves**

Preheat oven to 325°. Melt butter in saucepan, then add pecans. Toss with wooden spoon until butter has coated pecans; salt to taste, if desired. Spread pecans on a cookie sheet and bake for approximately 10 minutes. Watch carefully, as nuts burn easily. Remove from oven, and spread out on layers of paper towels. Cool before storing.

**Country Favorites**

### Staten Family Barbecue Pecans

**2 tablespoons butter**

**2 dashes hot sauce**

**1/4 cup Worcestershire**

**4 cups pecan halves**

**1 tablespoon ketchup**

**Salt to taste**

Melt butter in Dutch oven. Remove from heat. Add Worcestershire, ketchup, and hot sauce, stirring well. Add pecans, stirring to coat.

Spread pecans evenly on a jellyroll pan. Bake at 400° for 15 minutes, stirring every 5 minutes. Place pecans on paper towels. Sprinkle lightly with salt. Allow to cool before serving.

**Jack Daniel's Old Time Barbecue Cookbook**



Memphis is known as the Pork Barbecue Capital of the World, the Hardwood Capital of the World, and the Cotton Capital of the World (nearly half of America's cotton crop goes through Memphis).



## APPETIZERS

### *Swedish Nuts*

**1½ cups whole almonds**

**dash salt**

**2 cups California walnut halves**

**2 egg whites, stiffly beaten**

**1 cup sugar**

**½ cup butter or margarine**

Toast almonds and walnuts in 300° oven until light brown (about 6-8 minutes). Fold sugar and salt into egg whites. Beat until stiff peaks form. Fold nuts into meringue. Melt butter in a jellyroll pan; spread nut mixture over butter. Bake in 300° oven about 30 minutes, or until nuts are coated with a light brown covering and no butter remains in pan. Cool. Makes about 4 cups.

***Friends and Family: Recipes & Remembrances***



## Bread and Breakfast



PHOTO © DOLLYWOOD

In 1986, Dolly Parton became a partner with the owners of a minor amusement park formerly known as Silver Dollar City, which was about 10 miles from her birthplace of Sevierville. The park was rechristened "Dollywood," and is now recognized as Tennessee's number one tourist attraction.

## Low-Fat Corn Bread Dressing

**1/2 cup** finely chopped celery  
**1/2 cup** chopped onion  
**1 tablespoon** finely chopped  
fresh parsley

**1 1/2 teaspoons** ground sage  
**2 3/4 cups** corn bread stuffing  
**1-1 1/2 cups** chicken broth,  
skimmed

Spray a medium skillet lightly with nonstick cooking spray. Add celery and onion to prepared skillet. Cook over medium heat until vegetables are tender, stirring constantly. Stir in parsley and sage. Combine corn bread stuffing and celery mixture in a bowl and mix well. Add chicken broth, stirring just until moistened. Spoon into a 1 1/2- to 2-quart baking dish that has been sprayed lightly with non-stick cooking spray. Bake at 350° for 30-40 minutes or until heated through.

For Chestnut Corn Bread Dressing, add 1/2 cup chopped boiled Chinese chestnuts to the dressing and bake as directed. Yields 4 servings.

Nutritional analysis: Cal 174; Carbo 33g; Prot 5g; Total Fat 2g; Chol 0mg; Sod 475mg; Fiber 1g; Cal from Fat 11%

***A Taste of the Good Life: From the Heart of Tennessee***



## BREADS

### Oyster Pecan Stuffing

A Christmas favorite of the Hill family. Major General Daniel Harvey Hill resigned his commission in the United States Army and joined with the Confederacy when the Civil War started.

1 cup oysters, quartered, reserve juice	1 egg, well beaten
2 cups soft bread crumbs	1/2 cup pecan pieces
1/4 cup diced onion	1/2 teaspoon parsley flakes
1/2 cup diced celery	Salt and pepper to taste
1/4 cup diced green bell pepper	Oyster liquor as needed
	Turkey broth as needed

Put oysters in a large wooden mixing bowl. Add soft bread crumbs, diced onions, celery, bell pepper, and well-beaten egg. Blend everything well. Then add pecan pieces and parsley flakes. Stir in melted butter and again, blend everything thoroughly. Add salt and pepper to taste. Lastly, add some of the liquor reserved from the oysters, a little at a time. Work it in by kneading mixture with fingers. Continue until desired consistency of stuffing is reached. If more liquid is required, use turkey broth from pan where turkey was roasted, or a little warm water.

*Historical Christmas Cookery*

### Ham Sandwiches

1/2 cup butter, divided	2 tablespoons poppy seeds
8 onion rolls or hamburger buns, split	1 teaspoon dry mustard
1 small onion, chopped	1 pound shaved ham
	8 ounces Swiss cheese, sliced

Spread butter on cut sides of rolls, reserving 1 tablespoon. Sauté onion in reserved butter in a skillet until clear. Add poppy seeds and dry mustard; mix well. Remove from heat. Layer ham, a cheese slice, and some of the onion mixture on bottom half of each roll. Replace roll tops; wrap in foil. Place on a baking sheet. Bake at 350° for 20 minutes. Yields 8 servings.

*Dining in the Smoky Mountain Mist*

## Turkey Avocado Sandwiches

Wonderful "dressed-up" sandwich. Enjoy!

Butter (1 tablespoon)	4 thin slices Swiss cheese
Dijon mustard (1 tablespoon)	1 tablespoon balsamic vinegar
Black pepper to taste	1 tablespoon olive oil
Dash of cayenne pepper	1/8 teaspoon cayenne pepper
4 thick slices whole-wheat bread	2 ripe avocados, sliced
4 slices turkey breast	Bean sprouts or chopped lettuce
1/2 red onion, sliced, separated into rings	

Preheat broiler. Combine butter, Dijon mustard, black pepper, and a dash of cayenne pepper in a bowl and mix well. Spread on bread slices. Top each bread slice with turkey, red onion, and Swiss cheese. Arrange on baking sheet. Broil until cheese is melted and sandwiches are heated through.

Mix balsamic vinegar, olive oil, and 1/8 teaspoon cayenne pepper in small bowl. Add avocado slices and turn to coat. Top each sandwich with avocado slices and a mound of bean sprouts. Serves 4.

**Peacock Pantry**





## BREADS

### ***Hot Brown Butler***

<b>1/4 cup margarine</b>	<b>2 eggs</b>
<b>1/2 cup flour</b>	<b>4 slices bread, crusts trimmed, toasted</b>
<b>2 cups milk, scalded</b>	<b>10 ounces sliced turkey breast</b>
<b>MSG, salt, and white pepper to taste</b>	<b>2 tomatoes, sliced</b>
<b>1/2 cup grated Parmesan cheese, divided</b>	<b>Paprika to taste</b>
	<b>8 slices bacon, crisp-fried</b>

Melt margarine in a saucepan over very low heat. Stir in flour. Whisk in milk, MSG, salt, white pepper, and 3 tablespoons Parmesan cheese. Remove from heat. Beat in eggs.

Place toast in a baking pan. Arrange turkey over toast. Spoon sauce over top. Sprinkle with remaining cheese. Place tomato slices on top and sprinkle with paprika. Broil or bake in 425° oven until golden brown. Arrange bacon on top and serve immediately. Serves 4.

**Note:** You may substitute ham for the bacon, layering it under the turkey.

***A Culinary Collection***

### ***Pimento Cheese Sandwiches***

<b>1 pound American cheese, chilled</b>	<b>1/2 cup grated pickles, sweet or sour</b>
<b>1 (4-ounce) can pimento</b>	
<b>1 cup mayonnaise (not salad dressing)</b>	

Grate about 1/4 of the cheese; add 1/4 of the pimento, 1/4 of the mayonnaise, and 1/4 of the pickles. Do this until all cheese is grated and all other ingredients are used up, mixing after each addition. If you like a soft cheese spread, add some of the pimento juice and mix. Ready to use for sandwiches, or top with tomato slice and ham, then broil.

***What's Cookin' in Jean's Kitchen?***



## Angel Biscuits Mary Lib

1 package dry cake yeast	4 teaspoons sugar
2 tablespoons warm water	1 teaspoon salt
5 cups sifted all-purpose flour	1 cup shortening
1 teaspoon baking soda	2 cups buttermilk
3 teaspoons baking powder	Margarine, melted

In a cup, dissolve yeast in warm water. In large bowl, sift together dry ingredients. Cut in shortening. Add yeast mixture and buttermilk to dry ingredients. Knead dough to combine mixtures thoroughly. Roll out dough on floured board to  $\frac{1}{4}$ - to  $\frac{1}{2}$ -inch thickness. Cut with biscuit cutter. Brush with melted margarine. Fold cut dough in half for pocket rolls. Let rolls rise about 1 hour before baking. Preheat oven to 400°; bake for 20 minutes or until done.

**Note:** The dough will keep in refrigerator for several days.

*The Table at Grey Gables*

## Old-Fashioned Biscuits

2 cups flour	1 tablespoon sugar
2½ teaspoons baking powder	½ cup butter
½ teaspoon baking soda	¾ cup buttermilk
¼ teaspoon salt	

Combine dry ingredients in bowl, mixing well. Cut in butter until crumbly. Stir in buttermilk with fork until soft dough forms. Knead 10 times on lightly floured surface and shape into ball. Do not overknead. Roll into 6-inch square. Place on baking sheet. Cut into 12 portions but do not separate. Bake at 400° for 15 minutes or until golden brown. Yields 12 servings.

Nutritional analysis: Cal 153.9; Prot 2.8g; T Fat 7.9g; Chol 24mg; Carbo 17.9g; Sod 275.6mg; Pot 44.6mg

*Good Cooking!*

## BREADS

### Easy Biscuits

**1/2 pint whipping cream**

**2 level cups self-rising flour**

Mix and roll out. Use a white wine glass dipped in flour to cut out biscuits. Bake at 450° for 8-10 minutes.

*Ballots to Shallots*

### Grilled Biscuits

*This is a neat bread that can be cooked in an oven or on a grill that has a lid.*

**2 cups self-rising flour**

**1 1/4 teaspoons confectioners' sugar**

**1/2 cup shredded Jack cheese**

**2/3 cup milk**

**1/4 cup finely chopped ham**

**1/3 cup vegetable oil**

**1 teaspoon salt**

Combine flour, cheese, ham, salt, and sugar; stir well. Add milk and oil, and mix until it forms a dough. Place dough on a lightly floured surface and gently knead 8-10 times. Pat dough out to about 1/2-inch thickness. Cut biscuits with a floured biscuit cutter. You can cook these babies in the oven at 400°, but I recommend that you put them in a foil pan right on the grill and close the lid. Cook until golden brown on top, and serve hot.

*Smoke in the Mountains Cookbook*

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 Discovered in 1928 by Leo Lambert, a local cave enthusiast, Ruby Falls, America's highest underground waterfall at 145 feet, is located inside of Lookout Mountain in Chattanooga. The waterfall was named for Dr. Lambert's wife, Ruby.

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## ***Yeast Rolls***

*I have used this recipe at least 50 years, and cannot remember a failure.*

**1 cup milk**  
 **$\frac{1}{2}$ – $\frac{3}{4}$  cup Crisco**  
 **$\frac{1}{2}$  cup sugar**  
**3 eggs**  
**1 teaspoon salt**

**1 package yeast**  
**3 tablespoons tepid (lukewarm) water**  
 **$3\frac{1}{2}$ – $4\frac{1}{2}$  cups flour (unsifted)**

Heat milk and melt Crisco in it. Cool, then add sugar. Add eggs, one at a time; add salt. Dissolve yeast in water, and add to cooled mixture. Sift in flour until it is a consistency to work dough. If it is too thin you have to work it too much, and if too thick it will not be as you want it to be. Start making your judgement after sifting in  $3\frac{1}{2}$  cups.

Cover mixture with plastic wrap and let rise until double in size. Punch down and roll out; cut out with biscuit cutter or medium-size glass. Fold in half with a little overhang of the top layer. Place on oiled cookie sheet, and let rise until double in size. Cook at 375° until done, about 15 minutes.

**Note:** If you don't use all the dough at one time, it can be stored in the refrigerator for a few days. If you want to cut out the entire dough and save some to bake at a later time, just put them on the cookie sheet and let them freeze in single fashion. After they are frozen, they can be stored in a plastic bag, and you can retrieve them in whatever amount you wish. After they are cooked, they will also freeze well.

***Friends and Family: Recipes & Remembrances***



## BREADS

### ***Matt's Sweet Corn Bread Muffins***

**1 egg, beaten**

**1½ cups milk**

**¼ cup oil**

**2 cups self-rising cornmeal mix**

**¼ teaspoon salt**

**½ cup sugar**

Preheat oven to 400°. Combine all ingredients and mix well. Batter will be pourable. Pour into greased muffin tin and bake 15 minutes.

***The Coming Home Cookbook***

### ***Spider Corn Bread***

*A favorite of Fightin' Joe Wheeler, a Confederate cavalry officer.*

**2 eggs**

**2 tablespoons sugar**

**3 cups milk, divided**

**1 teaspoon salt**

**1½ cups cornmeal**

**½ cup flour**

**1 teaspoon baking powder**

**2 tablespoons butter**

Harshly beat eggs and sugar together in wooden mixing bowl. Lightly stir in 2 cups milk and salt. Gradually stir in cornmeal, flour, and baking powder. Make certain everything is well blended. Now melt butter in cast-iron skillet. Turn skillet so as to grease sides. Pour creamy batter from mixing bowl into skillet. Smooth over top. Hold other cup of milk about 6 inches above skillet and slowly pour over top of batter in circular motion. Do not stir! Carefully place skillet in oven at 400°. Bake 30 minutes. When spider cake is done, it will have a streak of tasty custard running throughout. Serve hot with plenty of butter.

***Civil War Period Cookery***

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 More Civil War battles were fought in Tennessee than any other state except Virginia. The four national military parks in Tennessee are Chickamauga-Chattanooga in Chattanooga, Stones River in Murfreesboro, Shiloh near Savannah, and Fort Donelson near Dover.

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## Aunt Martha's Buttermilk Corn Bread

3 tablespoons flour  
 1 1/4 cups cornmeal  
 1 teaspoon salt  
 3/4 teaspoon baking powder

1 cup buttermilk  
 2 small eggs, beaten  
 2 tablespoons shortening  
 1/2 teaspoon baking soda

Mix flour, cornmeal, salt, and baking powder. Add buttermilk to beaten eggs. Melt shortening. Cut both mixtures into dry ingredients. Add soda that has been dissolved in a little water. Pour in hot greased skillet or pan and bake at 425° until done (about 25 minutes). Yields 6 servings.

*Smokehouse Ham, Spoon Bread, & Scuppernong Wine*

## Hushpuppies

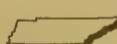
2 cups white cornmeal  
 2 cups flour  
 3 eggs, beaten  
 Salt and pepper to taste

1 bunch green onions, chopped  
 1 whole white onion, chopped  
 1-2 jalapeño peppers, chopped  
 3/4 cup whole milk

Mix meal, flour, and eggs; add salt and pepper to taste. Add onions and peppers. Mix with milk until tacky. Drop by rounded tablespoonfuls into hot oil, and deep-fry at 260° until golden brown. Serves 8.

*Dining with Pioneers Volume II*

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 The Jubilee Singers of Fisk University in Nashville introduced to the world the beauty and tradition of the Negro spiritual music, which became the basis for other genres of African-American music. It was because of their successful tours to raise funds for the University during the 1870s that Nashville first became known for its music. It is now known as Music City, USA.

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## BREADS

### *Spoon Bread*

**2 cups yellow cornmeal  
1½ teaspoons salt  
2 cups boiling water  
1 tablespoon bacon drippings  
or butter**

**2 eggs, separated  
1 teaspoon baking soda  
2 cups buttermilk**

Sift cornmeal and salt together into mixing bowl. Add water to make a stiff dough. Stir in drippings and beaten egg yolks. Combine soda and buttermilk; add to cornmeal mixture, stirring until smooth. Fold in stiffly beaten egg whites. Pour into hot, greased baking dish, and bake in 400° oven for 40 minutes.

*Smoky Mountain Magic*

### *Glazed Orange-Poppy Seed Bread*

**3 cups self-rising flour  
1½ cups skim milk  
2¼ cups sugar  
1½ teaspoons vanilla extract  
1½ teaspoons butter flavoring  
1½ teaspoons salt  
Egg Beaters equal to 3 eggs**

**8 tablespoons Ultra Promise 70%  
Less Fat  
2 tablespoons Fleischmann's  
Fat-Free Squeezable Spread  
1½ teaspoons poppy seeds  
1½ teaspoons almond extract**

Mix all ingredients together. Beat on medium speed for 2 minutes. Pour into 2 Pam-sprayed loaf pans. Bake at 350° for 45 minutes or until toothpick comes out clean.

#### **GLAZE:**

**½ teaspoon butter extract  
½ teaspoon vanilla extract  
½ teaspoon almond extract**

**¾ cup sugar  
¼ cup orange juice**

Mix Glaze until smooth. Pour over bread straight out of oven.

*Fite for Your Life II*

## Orange-Glazed Cranberry-Pumpkin Bread

3½ cups flour  
 1 teaspoon baking powder  
 2 teaspoons baking soda  
 2 teaspoons pumpkin pie spice  
 1½ teaspoons salt  
 4 eggs  
 3½ cups sugar  
 1 cup vegetable oil

1 (16-ounce) can solid-pack  
 pumpkin  
 2 cups cranberries  
 1 cup chopped pecans  
 ½ cup confectioners' sugar  
 2 tablespoons thawed frozen  
 orange juice concentrate  
 Dash of allspice

Sift flour, baking powder, baking soda, pie spice, and salt together. Beat eggs in mixer bowl. Add sugar, oil, and pumpkin; beat well. Add flour mixture gradually, mixing well after each addition. Fold in cranberries and pecans. Spoon into 2 greased 5x9-inch loaf pans.

Bake at 350° for 55–65 minutes or until bread begins to pull away from sides of pans. Cool in pans 10 minutes; remove to wire racks to cool completely.

Combine confectioners' sugar and orange concentrate in a bowl. Add allspice and mix well. Drizzle over tops of cooled bread. Yields 2 loaves.

*Dining in the Smoky Mountain Mist*





## BREADS

### Strawberry Bread

3 cups flour  
2 cups sugar  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon cinnamon

2 (10-ounce) packages frozen  
sliced strawberries, thawed,  
drained  
1 1/4 cups vegetable oil  
4 eggs, beaten

Combine flour, sugar, baking soda, salt, and cinnamon in a bowl and mix well. Make a well in center of flour mixture. Combine strawberries, oil, and eggs in a bowl and mix well. Add strawberry mixture to the well and stir just until moistened. Spoon batter into 2 greased and floured 5x9-inch loaf pans. Bake at 350° for 1 hour. Cool in pans 5-10 minutes. Remove to wire rack to cool completely. Yields 24 servings.

*Once Upon a Recipe*

### Whispering Hope Banana Macadamia Nut Bread

1 cup butter, softened, or  
1 cup oil  
2 cups sugar  
4 eggs, beaten well  
6-7 bananas, mashed

2 1/2 cups sifted all-purpose flour  
1 teaspoon salt  
2 teaspoons baking soda  
1/2 cup chopped macadamia nuts

Preheat oven to 350°. In a large bowl, cream butter or oil and sugar well. Add eggs and beat well. Add mashed bananas and combine well. In a separate bowl, sift together flour, salt, and baking soda. Mix dry ingredients into batter. Add nuts. Do not overmix after adding dry ingredients and nuts. Bake in 2 greased large loaf pans or (5 smaller ones) 50-60 minutes or until done. For muffins, fill muffin cups 3/4 full and bake 35-45 minutes.

*Recipe submitted by Jim Nabors  
The Southern Gospel Music Cookbook*

## Flowerpot Banana Nut Bread

2 cups all-purpose flour  
 1 teaspoon baking soda  
 1/2 teaspoon salt  
 1/2 cup butter, softened  
 1 cup sugar

2 eggs  
 1 cup mashed, ripened bananas  
 1/3 cup milk  
 1 teaspoon lemon juice  
 1/2 cup chopped walnuts

Sift flour, soda, and salt. In mixing bowl, cream butter till light and fluffy. Beat in sugar, eggs, and bananas, blending thoroughly. Add dry ingredients to banana mixture alternately with milk and lemon juice, beginning and ending with dry ingredients. Stir in nuts.

Pour mixture into a new 6 1/2-inch (top diameter) clay flower pot, that has been washed and dried, greased, lined with waxed paper, and greased again. Set flower pot in slow cooker; cover with 2 or 3 paper towels. Cover with lid and cook on HIGH 4-5 hours. Do not lift lid, even to peek. Can be baked in conventional oven, uncovered, at 350° for 1 hour.

*Dining with Pioneers Volume I*

## Carrot Cake Muffins

2 eggs  
 1/4 cup safflower oil  
 1/2 cup pineapple juice  
 concentrate  
 2 tablespoons orange juice  
 concentrate  
 1 teaspoon cinnamon

1/8 teaspoon ground cloves  
 1/8 teaspoon nutmeg  
 3/4 cup grated carrots  
 3/4 cup brown rice flour  
 1/2 cup buckwheat flour  
 1 1/4 teaspoons baking soda

Line muffin pan with paper liners (or grease and flour pan). Combine eggs, oil, and fruit concentrates, and beat until light and fluffy. Add cinnamon, cloves, nutmeg, carrots, and sifted flours, then mix well. Stir in sifted baking soda quickly and beat about 30 times. Pour immediately into muffin pan and bake at 325° about 20 minutes. Makes 10-12 muffins.

*All Your Favorite Foods Made Healthy*

## Country Apple Coffee Cake

### CAKE:

1½ cups chopped, peeled apples, divided	¼ teaspoon cinnamon
1 (10-ounce) can flaky refrigerator biscuits	½ cup light corn syrup
½ cup firmly packed brown sugar	1 tablespoon margarine
	1½ teaspoons whiskey (optional)
	1 egg
	½ cup pecan halves or pieces

Arrange 1 cup apples in greased 9-inch cake pan. Cut each biscuit into 4 pieces. Arrange point-side-up over apples. Top with remaining ½ cup apples. Combine brown sugar, cinnamon, corn syrup, margarine, whiskey, and egg in mixer bowl and beat 2 minutes. Stir in pecans. Spoon sugar mixture over biscuits. Bake at 350° for 35–45 minutes or until deep golden brown. Drizzle Glaze over warm cake. Store in refrigerator. Yields 6–8 servings.

### GLAZE:

½ cup confectioners' sugar	1–2 teaspoons milk
¼ teaspoon vanilla extract	

Combine confectioners' sugar, vanilla, and enough milk to make of spreading consistency; mix well.

*The Apple Barn Cookbook II*

## Banana Fritters

Great for breakfast.

1 cup all-purpose flour	3 very ripe bananas, mashed
1 tablespoon sugar	1 tablespoon lemon juice
¼ teaspoon salt	Confectioners' sugar or
1 egg, beaten	cinnamon/sugar
¼ cup milk	

Combine flour, sugar, and salt. Beat egg into milk and combine the two mixtures. Stir in bananas and lemon juice. Heat oil to 375°. Drop ¼ cup batter into oil and fry until golden brown. Drain on paper towels. Sprinkle with confectioners' sugar or cinnamon-sugar.

*Toast to Love*

*Honey Puff Pancake***HONEY BUTTER:**

<b>1/2 cup honey</b>	<b>1/2 cup (1 stick) butter, softened</b>
<b>1/2 cup confectioners' sugar</b>	<b>Cinnamon to taste</b>

Beat honey, confectioners' sugar, butter, and cinnamon in a bowl until smooth.

**PANCAKE:**

<b>3 tablespoons butter, divided</b>	<b>3 tablespoons honey</b>
<b>6 eggs, at room temperature</b>	<b>1 cup flour</b>
<b>1 cup milk</b>	<b>1/2 teaspoon salt</b>
<b>1 (3-ounce) package cream cheese, softened</b>	<b>1/2 teaspoon baking powder</b>

Preheat oven to 400°. Grease a 10-inch skillet with 1 tablespoon butter. Place remaining 2 tablespoons butter in skillet. Place in oven. Watch carefully and remove when butter is melted and sizzles.

Process eggs, milk, cream cheese, honey, flour, salt, and baking powder in a blender at high speed 1 minute or until smooth. Pour into hot butter in skillet. Bake 20–25 minutes or until puffed and golden brown. Spread a small amount of Honey Butter over pancake. Serve with a sprinkle of confectioners' sugar and pass remaining Honey Butter. Serves 6.

**Peacock Pantry**

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 Woodbury, located among the rolling hills of scenic middle Tennessee, is the seat of Cannon County, a small rural community with a big arts heritage. The tradition of making white oak baskets and chairs has gained Woodbury the attention of collectors and museums worldwide, including the Tennessee State Museum, the Smithsonian Institution, and the Museum of Folk Culture in Hunan Province in China.

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BREAKFAST

## Blueberry Stuffed French Toast

**12 slices thick bread (Texas toast) cubed, divided**

**1 (8-ounce) package cream cheese, cubed**

**1 cup fresh blueberries**

**12 eggs, beaten**

**1/3 cup maple syrup**

**2 cups milk**

Spray 9x13-inch glass casserole with cooking spray. Place half the bread cubes in casserole. Add cubed cream cheese and blueberries. Place remaining bread over berries. Combine eggs, maple syrup, and milk; beat slightly to blend. Pour over bread mixture. Cover with plastic wrap and refrigerate overnight.

Remove plastic wrap. Cover with foil when ready to cook, and place in preheated 350° oven. Bake 30 minutes. Remove foil and bake an additional 30 minutes.

**TOPPING:**

**1 cup water**

**1 cup sugar**

**2 tablespoons cornstarch**

**1 tablespoon butter**

**1 cup fresh blueberries**

Prepare during last half of baking. On stove top, combine water, sugar, and cornstarch. Cook until thick. Add butter and blueberries.

When baking is finished, remove dish from oven and pour Topping over pieces. Allow to cool slightly before serving.

**Ballots to Shallots**





## BREAKFAST

### Appalachian Hominy Casserole

1 pound bulk sausage  
2 cloves garlic, minced  
1 green bell pepper, chopped  
1 onion, chopped  
3 stalks celery, chopped

1 (27- to 29-ounce) can hominy  
1 (27- to 29-ounce) can tomatoes  
1 teaspoon sugar  
Salt and pepper to taste

In a skillet, crumble and fry sausage until done, but not brown. Add garlic, bell pepper, onion, and celery. Sauté until vegetables are about half done. Run hominy through a food chopper. In a small bowl, mix vegetable mixture with hominy. Add tomatoes, sugar, salt and pepper. Place in buttered and preheated casserole dish and bake at 350° for 30–40 minutes. Yields 6 servings.

***Smokehouse Ham, Spoon Bread, & Scuppernong Wine***

### World's Best Baked Oatmeal

1/4 cup oil  
1/4 cup packed brown sugar  
2 eggs  
3 cups old-fashioned oats  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 1/4 cups milk

1 teaspoon cinnamon  
Liquid French vanilla coffee  
creamer  
Chopped fresh fruit  
Chopped pecans  
Honey

In a bowl, cream oil, brown sugar, and eggs together. Stir in oats, baking powder, salt, milk, and cinnamon. Pour into a greased 8x11-inch casserole dish. Bake at 350° for 30 minutes.

Place oatmeal in 4 serving bowls and sprinkle with additional brown sugar. Add just enough vanilla creamer to cover and pile on fruit. Top with pecans and drizzle with honey. Serves 4.

***Tennessee Cook Book***



## BREAKFAST

### Baked Grits

**Quick grits (not instant)**

**Salt**

**1 stick margarine**

**$\frac{1}{4}$  pound medium Cheddar**

**cheese, grated or sliced**

**3 eggs, beaten**

Prepare grits for 4 servings according to directions on package; add salt as directed. To the hot grits mixture, add margarine and stir to melt. Add cheese to grits mixture and stir to melt. Add beaten eggs and stir into hot grits mixture. Bake in greased 9x9-inch casserole dish at 350° approximately 45 minutes until set and slightly brown at edges. Serves 6-8.

*First Sunday Cookbook*

### Crustless Grits & Ham Pie

**$\frac{1}{3}$  cup quick cooking grits  
(uncooked)**

**1 cup water**

**1 cup evaporated skim milk**

**$\frac{3}{4}$  cup shredded cheese**

**$\frac{3}{4}$  cup chopped cooked ham**

**3 eggs, beaten**

**1 tablespoon chopped fresh  
parsley**

**$\frac{1}{2}$  teaspoon dry mustard**

**$\frac{1}{2}$  teaspoon hot sauce**

**$\frac{1}{4}$  teaspoon salt**

Preheat oven to 350°. Cook grits in water according to package directions. Combine remaining ingredients with grits. Coat 9-inch pie plate with cooking spray. Pour mixture into pie plate. Bake for 30-35 minutes or until set. Let stand 5-10 minutes before serving.

**Note:** This may be made in advance and refrigerated. Warm individual slices in microwave and serve. Serves 6.

*Cooking with Friends—Highland Heights Presbyterian Church*

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Fall Creek Falls State Park is home to six waterfalls, including Fall Creek Falls, one of the highest free-falling waterfalls east of the Rocky Mountains, plunging 256 feet into a shaded pool at the base of its gorge.

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## BREAKFAST

### Creole Eggs

2 tablespoons butter  
2 tablespoons all-purpose flour  
1 cup tomato juice  
 $\frac{1}{4}$  cup diced celery  
2 tablespoons minced green bell pepper

1 teaspoon chopped onion  
Allspice to taste  
Salt and pepper to taste  
6 hard-boiled eggs  
2 tablespoons chopped parsley  
Toast or biscuits

In a saucepan, melt butter. Blend in flour until smooth. Gradually add tomato juice, stirring constantly. Add celery, green pepper, onion, allspice, salt and pepper.

Cook, stirring constantly, until mixture boils and thickens. Peel eggs and remove yolks. Chop egg whites and add to mixture. Serve with toast or biscuits. Garnish with chopped egg yolks. Makes 4 servings.

#### Fit for a King

Used by permission of Rutledge Hill Press, Nashville, TN

### Tennessee Truffles with Bacon and Eggs

1 quart diced ramps, including tops  
6 strips bacon

5 large eggs, beaten  
Salt to taste

Wash and clean ramps as you would onions. Dice medium-fine. Parboil in salted water until tender, then drain. At same time, fry bacon crisp, dry with paper towels, and break into small bits. Pour off half the bacon drippings. Soft-scramble eggs in remaining bacon drippings, adding salt to taste. Stir in bacon bits and ramps, and serve while hot. Yields 6 servings.

*Smokehouse Ham, Spoon Bread, & Scuppernong Wine*

## BREAKFAST

### *Picante Quiche*

For breakfast, brunch, lunch, or dinner, this recipe is hard to beat for ease, flexibility, and just plain good taste. Maria Holloway of Holloway's Country Home suggests serving it with avocado salad, tortilla chips, chili roasted new potatoes, and fresh steamed asparagus.

**1 cup salsa, divided**

**6 eggs**

**1 cup sour cream**

**1 teaspoon salt**

**2 teaspoons pepper**

**$\frac{3}{4}$  cup grated Monterey Jack cheese**

**$\frac{3}{4}$  cup grated Cheddar cheese**

Preheat oven to 350°. Grease or coat a 10-inch round pie plate with nonstick cooking spray. Spread  $\frac{1}{2}$  cup salsa over plate bottom. In a blender, or with mixer, beat eggs and sour cream until frothy. Pour on top of salsa in pie plate. Sprinkle with salt and pepper. Spread cheeses on top. Place in oven and bake 35–40 minutes. When done, it will be slightly brown and pulling away from sides of plate. Let it sit 15 minutes before cutting into pie shapes. Serve with additional salsa on top. Fabulous!

### *Whop Biscuits & Fried Apple Pie*





## BREAKFAST

### *The World Renowned Kitchen Sink Omelet*

3 tablespoons butter  
4 eggs, beaten with  
    1 tablespoon milk  
    1/4 cup chopped cheese  
    1/4 cup chopped ham

1/4 cup chopped tomato  
1/4 cup chopped bacon  
1/4 cup chopped onion  
1/4 cup chopped bell pepper

Melt butter in medium skillet; pour in eggs. As eggs begin to set, sprinkle remaining ingredients on one side of omelet. Cook until nearly done and fold other side of omelet over ingredients. Top with additional ham and cheese, if desired. Remove to 2 plates.

### *Burnt Offerings II*

### *Tennessee Brunch*

1/4 cup butter or margarine  
1/4 cup all-purpose flour  
2 cups milk  
1/4 teaspoon salt  
1/8 teaspoon white pepper  
6-8 hard-boiled eggs, chopped  
1/2 cup mayonnaise

8 corn bread muffins or squares  
8 slices bacon, cooked crisp and  
    crumbled  
3/4 cup shredded Cheddar  
    cheese  
Chopped green onions with tops

In a saucepan, melt butter over low heat; add flour, stirring constantly until smooth. Gradually add milk, and cook, stirring constantly, until thickened and bubbly. Add salt, pepper, eggs, and mayonnaise, and blend well. Cook over medium heat until thoroughly heated. Slice corn bread muffins in half horizontally. Arrange halves on plates and spoon egg mixture over top. Sprinkle with bacon, cheese, and onions.

### *Tennessee Cook Book*



## BREAKFAST

### ***Southern Country Breakfast***

*Delightful brunch entrée to serve in cool weather.*

<b>2 pounds bulk pork sausage</b>	<b>5 eggs</b>
<b>1 cup uncooked grits</b>	<b>1½ cups milk</b>
<b>¼ cup (½ stick) butter</b>	<b>Salt and pepper to taste</b>
<b>2 cups shredded sharp Cheddar cheese</b>	<b>Chopped fresh thyme for garnish</b>

Brown sausage in skillet, stirring until brown and crumbly; drain. Spread in bottom of a 9x13-inch baking dish. Using package directions, cook grits until thickened. Add butter and cheese and mix well. Cool slightly.

Beat eggs, milk, salt and pepper in a bowl. Add to the grits mixture and mix well. Pour over sausage layer. Bake in 350° oven for 1 hour or until set. Garnish with chopped fresh thyme. Serves 8.

**Peacock Pantry**

### ***Tennessee Tomato Gravy***

*Tomato gravy is a hill country favorite. This particular recipe adaptation comes from, and with my thanks to, Lynne Tolley and Pat Mitchamore, authors of "Jack Daniel's The Spirit of Tennessee Cookbook." The tomato gravy can be cooked after frying salt pork, bacon, pork chops, or ham.*

<b>2 tablespoons drippings</b>	<b>Chicken stock and water as required</b>
<b>¼ cup finely chopped onion</b>	<b>½ teaspoon powdered thyme</b>
<b>2 tablespoons all-purpose flour</b>	<b>1¼ teaspoons sugar</b>
<b>2 cups peeled, seeded, and chopped tomatoes</b>	<b>Salt and pepper to taste</b>

In a frying pan containing around 2 tablespoons of drippings, sauté onion until tender. Mix in flour and cook several minutes. Add tomatoes; stir well. Water or chicken stock may be required here, depending on the liquid available from the tomatoes. Season with thyme, sugar, salt and pepper. Cook over low heat, stirring periodically until gravy thickens. Yields 2 cups gravy.

***Smokehouse Ham, Spoon Bread, & Scuppernong Wine***



## BREAKFAST

### **Loretta Velazquez's Cider Apple Butter**

One of Loretta's holiday dinner favorites. Ms. Velazquez fought in the Civil War as a man under the name of Lieutenant Harry Buford.

3 quarts cider	2 teaspoons cinnamon
8 pounds apples	1 teaspoon allspice
1½ cups packed brown sugar	½ teaspoon salt
1 cup molasses	Sassafras bark, small pieces
2 teaspoons ground cloves	

Put cider in small kettle and bring to boil. Let simmer until it is reduced by one-half. Meanwhile, peel and core apples. Cut into quarters. Add to cider and cook until tender. Then mash thoroughly until it is a purée. Stir in brown sugar, molasses, ground cloves, cinnamon, allspice, and salt. Cook over low heat. Stir continuously until mixture thickens. Spoon into sterilized pint jars. Fill about ½ inch from top. Stick one piece of sassafras bark in each jar. Set jars aside to cool. When cold, seal tops with covering of hot melted paraffin wax. Makes 6 pints.

*Historical Thanksgiving Cookery*

### **Apple Bake**

2/3 cup water, divided	1 cup chopped pecans
1 cup sugar	½ cup packed brown sugar
2 tablespoons butter	½ teaspoon cinnamon
8 apples	1 egg, beaten

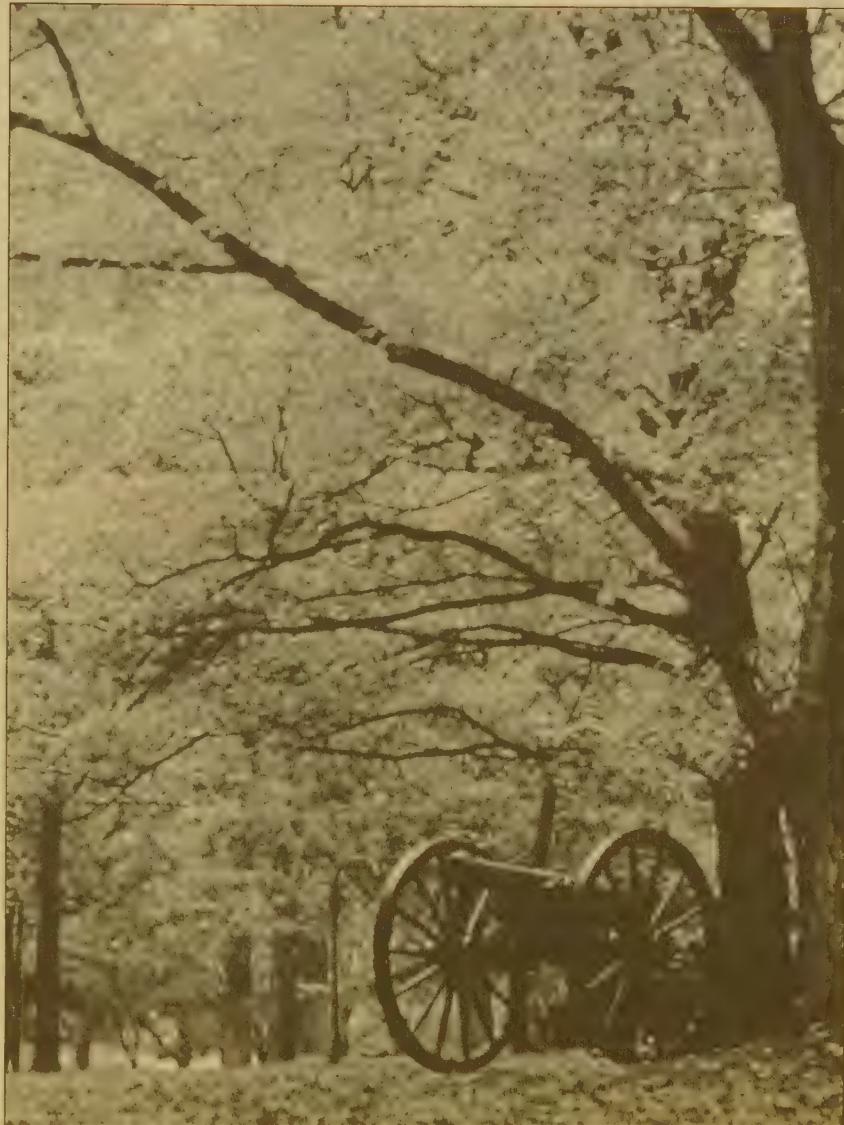
Combine 1/3 cup water, sugar, and butter in a saucepan. Cook just until sugar is dissolved, stirring constantly. Remove from heat. Remove apple cores. Spray a 3-quart baking dish with nonstick baking spray. Place remaining 1/3 cup water in baking dish. Arrange apples in water.

Mix pecans, brown sugar, and cinnamon in a bowl. Add egg and mix well. Spoon mixture into cored apples. Pour the warm syrup over the tops. Bake at 350° for 1½–2 hours or until apples are tender. Yields 8 servings.

*Dining in the Smoky Mountain Mist*



## *Soups, Chilies, and Stews*



CHATTANOOGA AREA CONVENTION & VISITORS BUREAU

Established in 1890, Chickamauga and Chattanooga National Military Park, our nation's first National Military Park, honors the Civil War soldiers who fought for control of Chattanooga in 1863. The park consists of over 8,200 acres and is the largest military park in the United States.



## SOUPS

### Tennessee Cheddar Soup

1 cup finely chopped onion	3 cups grated Cheddar cheese
1 cup finely chopped carrots	1 quart milk
1 cup finely chopped celery	1 teaspoon salt
1/2 cup margarine	1/2 teaspoon white pepper
1 cup flour	
1 quart chicken stock or bouillon	

Sauté vegetables in margarine until soft. Add flour and mix until smooth. Add chicken stock. Bring to a boil; reduce heat and simmer 15 minutes. Add cheese; cook 10 minutes longer. Add milk, salt, and pepper. Heat to serving temperature. Makes 2 quarts, approximately 12 servings.

*Dining with Pioneers Volume II*

### Cheese and Jalapeño Soup

3/4 cup minced onion	Salt and freshly ground pepper to taste
2 teaspoons finely minced garlic	3 cups chicken stock
2 tablespoons butter	1 cup whipping cream
16 ounces shredded Cheddar cheese	1/3 cup dry white wine
1/4 cup flour	1 tablespoon (or more) chopped fresh or canned jalapeños
1/2 teaspoon coriander	

Sauté onion and garlic in butter in a saucepan until tender. Stir in cheese. Sprinkle with flour. Cook 2 minutes, stirring constantly. Add coriander, salt and pepper, and mix well. Stir in stock, whipping cream, white wine, and jalapeños. Simmer 5 minutes, stirring frequently. Ladle into soup bowls. Yields 4 servings.

*Good Humor Cookin'*



## SOUPS

### *Mashed Potato Soup*

A Farragut family dinner specialty. David Glasgow Farragut became the first Admiral in the United States Navy. Best remembered for his famous declaration when under fire, "Damn the torpedoes! Full steam ahead!"

4 cups milk	1½ teaspoons salt
2 tablespoons grated onion	Pinch of pepper
2 cups mashed potatoes	¼ teaspoon celery flakes
3 tablespoons butter, melted, divided	1 tablespoon finely chopped parsley
1 tablespoon flour	

Scald milk and grated onion together in a large soup pot. Slowly stir in mashed potatoes. Blend half the melted butter with flour, salt, pepper, and celery flakes in a cup. Add this to soup mixture and blend well. Bring to a boil, and let boil 1 minute. Take off stove, add remaining butter, and sprinkle top with chopped parsley.

*Civil War Period Cookery*

### *Loaded Potato Soup*

⅔ cup butter or margarine	1¼ cups shredded Cheddar cheese
⅔ cup all-purpose flour	
7 cups milk	12 bacon strips, cooked and crumbled
4 baking potatoes, baked, cooled, peeled, and cubed (4 cups)	¾ teaspoon salt
4 green onions, sliced	½ teaspoon pepper
1 cup (8 ounces) sour cream	

In a large kettle or Dutch oven, melt butter. Whisk in flour. Heat and stir until smooth. Gradually add milk, stirring constantly until thickened. Add potatoes and onions. Bring to a boil, stirring constantly. Reduce heat. Simmer 10 minutes. Add remaining ingredients. Stir until cheese is melted. Serve immediately. Garnish each serving with additional bacon, cheese, and green onion, if desired. Serves 8.

*Sharing Our Best—Franklin*

## Tomato French Onion Soup

Because this is one of the most popular soups served at The Wild Plum, Cindy Black is often asked for the recipe. "It is so easy," she says, "I am usually too embarrassed to give out the recipe."

### HOMEMADE CROUTONS:

1 loaf French bread, cubed

½ cup butter, melted

4 tablespoons Lawry's Pinch of

Herbs

Preheat oven to 350°. Place bread cubes on baking sheet. Melt butter and mix in Pinch of Herbs (or your own favorite mix of dried herbs). Pour over bread cubes. Bake 20-25 minutes.

### SOUP:

½ cup butter

2 large yellow or Vidalia onions,  
sliced

2 (10¾-ounce) cans tomato  
soup

2 (10¾-ounce) cans French  
onion soup

1 cup red wine

Parmesan cheese

In a 2-quart saucepan, melt butter. Sauté onions until tender, about 5 minutes. Add tomato soup, French onion soup, and red wine. Heat thoroughly. Spoon into soup bowls. Top with Homemade Croutons and sprinkle with Parmesan cheese. Serves 6.

## Whop Biscuits & Fried Apple Pie





## SOUPS

### *Egg Drop Soup*

4 cups low-sodium chicken broth, divided	1/8 teaspoon garlic powder
2 tablespoons cornstarch	1/8 teaspoon pepper
1/4 teaspoon ginger	1/2 cup egg substitute
	1 scallion, thinly sliced

Bring 3½ cups chicken broth to a boil in medium saucepan over medium-high heat. Blend remaining ½ cup broth with cornstarch, ginger, garlic powder, and pepper. Stir gradually into boiling broth. Cook until thickened, stirring constantly; reduce heat. Pour in egg substitute in gradual stream; do not stir. Cook 1 minute, stirring once or twice. Top with scallion. Yields 6 servings.

Nutritional Analysis: Cal 36; Prot 3g; Carbo 4g; Fiber <1g; T Fat 1g; Chol <1mg; Sod 40mg. Dietary Exchanges: Meat ½

*Answering the Call of Those in Need*

### *Chicken and Rice Soup*

3 cups diced cooked chicken	5 chicken bouillon cubes
1 cup chopped celery	1 tablespoon parsley
½ cup chopped onion	1 cup diced carrots
¼ cup butter	1 cup uncooked long-grain rice
2 quarts water	½ teaspoon pepper

In a soup kettle, cook celery and onion in melted butter until tender. Add water, bouillon cubes, parsley, carrots, rice, chicken, and pepper. Bring to a boil; reduce heat, and simmer 30 minutes.

*Toast to Love*

*Tortellini Soup*

<b>1-2 carrots, chopped</b>	<b>2 packages frozen tortellini, any flavor</b>
<b>1 medium onion, chopped</b>	<b>1 tablespoon basil or parsley</b>
<b>1 stem celery, chopped</b>	<b>1 cup frozen or canned peas</b>
<b>2 tablespoons virgin olive oil</b>	<b>Salt and pepper to taste</b>
<b>1 (3-pound, 1½-ounce) can chicken broth</b>	
<b>1 (26-ounce) jar Romano-garlic pasta sauce</b>	

In large 6-quart saucepan over medium heat, cook carrots, onion, and celery in olive oil until crisp-tender. Add chicken broth and pasta sauce; bring to boil over high heat. Reduce heat to low and simmer, stirring occasionally, 30 minutes, or until vegetables are tender.

Meanwhile, cook tortellini according to package directions; drain. Stir into sauce; add basil and peas, and simmer an additional 5-10 minutes. Season with salt and pepper to taste. After sitting, soup will become very thick. To thin, just add chicken broth.

**Note:** If you cannot find the Romano-garlic pasta sauce, any red sauce will do. It just depends on how spicy you want it. You can add as many fresh vegetables to the carrots and onion as you wish.

**Feed U S First**

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 Bristol, Tennessee is the "Birthplace of Country Music." The first recordings were made there in the 1920s by the Carter Family, Jimmy Rogers, Ralph Perr-Victor, and the Stonemans. Many country artists, including Tennessee Ernie Ford, Roy Acuff, Hank Williams, Patsy Cline, Jim Reeves, Loretta Lynn, Minnie Pearl, and Dolly Parton, contributed to the popularity of country music, which now reaches an international audience.

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## SOUPS

### Sausage-Tortellini Soup

**1 pound hot or mild Italian sausage, casings discarded  
1 large onion, chopped  
1 clove garlic, pressed  
3 (14½-ounce) cans chicken or beef broth  
2 (14½-ounce) cans diced tomatoes, undrained  
1 (8-ounce) can tomato sauce**

**1 cup dry red wine  
2 carrots, thinly sliced  
1 tablespoon sugar  
2 teaspoons Italian seasoning  
2 small zucchini, sliced  
1 (9-ounce) package refrigerated cheese tortellini  
½ cup shredded Parmesan cheese**

Brown sausage, onion, and garlic in Dutch oven over medium-high heat; drain. Return mixture to pot and stir in broth, tomatoes, tomato sauce, wine, carrots, sugar, and Italian seasoning. Bring to a boil. Reduce heat and simmer 30 minutes. Skim off fat. Stir in zucchini and tortellini. Simmer 10 minutes longer. Sprinkle individual servings with cheese. Yields 6 servings.

#### *Key Ingredients*

### Minestrone Alla Nonna

#### PESTO:

**½ cup pesto  
2 tablespoons grated cheese**

Mix Pesto and set aside.

#### MINESTRONE:

**4 medium potatoes, peeled, washed, and cubed  
3 fresh zucchini, cubed  
6 cups water (or beef, chicken, or vegetable broth)  
1 (15-ounce) can pinto beans**

**4 cloves garlic, chopped  
1 tablespoon olive oil**

**½ package frozen green peas, or 1 (15-ounce) can peas  
1 pound linguine or spaghetti, cut into small pieces  
1 tablespoon salt**

Place potatoes and zucchini in a large pot with liquid. Simmer 15 minutes, then add pinto beans and peas. When potatoes are done, bring liquid to a boil; throw in pasta and salt. Stir. When pasta is al dente, add Pesto mixture. Cook another 2-3 minutes.

*The Bridge from Brooklyn*

## Five-Can Slow-Cooker Soup

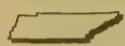
For a great gift idea, package all five cans and prepared mixes in a large brown paper bag that has been decorated especially for your recipient. Secure with a bow and a gift tag with the recipe instructions.

**1 pound ground beef**  
**1 large onion, chopped**  
**1 (15-ounce) can pinto beans**  
**1 (15-ounce) can ranch-style beans**  
**1 (15-ounce) can tomatoes with green chiles**  
**1 (15-ounce) can stewed tomatoes**

**1 (15-ounce) can corn (whole-kernel or cream-style)**  
**1 envelope ranch salad dressing mix**  
**1 envelope taco seasoning mix**  
**2 tablespoons chopped fresh cilantro (optional)**

Brown ground beef with onion in a skillet, stirring until ground beef is crumbly; drain. Spoon into slow cooker. Add, without draining, pinto beans, ranch-style beans, tomatoes with green chiles, stewed tomatoes, and corn; stir in ranch salad dressing mix, taco seasoning mix, and cilantro, and mix well. Cook on Low 8-10 hours. Ladle into bowls to serve. Serve with corn bread and a green salad. Yields 6-8 servings.

### Marvelous Morsels

 Rock City Gardens, which opened in 1932, got off to a slow start, because advertising in the days of the Great Depression was difficult. Then one day the idea was born—travel the nation's highways and offer to paint farmers' barns in exchange for letting them paint three simple words: See Rock City. The rest is history! The "See Rock City" barns appeared as far north as Michigan and as far west as Texas. The advertising paid off, and by the late 1930s, more travelers than ever had seen Rock City Gardens. By 1940, Rock City was a roadside institution. Now, more than half a million tourists visit the attraction each year. (Though not nearly as common today, some of the painted barns are still visible.)

SOUPS

## Love Soup

*This is ideal for gift giving. Put enough Love Soup Mix in a jar for one recipe along with the recipe.*

### LOVE SOUP MIX:

1 (16-ounce) package lentils	1 (16-ounce) package tri-colored
1 (16-ounce) package dried peas	spiral macaroni
1 (16-ounce) package pearl	1½ cups brown rice
barley	4 cups dried onions

Combine ingredients and mix well; keep in closed container until ready for use.

### SOUP:

6 cups water	2 (15-ounce) cans tomato sauce
1½ cups Love Soup Mix	1 (24-ounce) can vegetable juice
3 teaspoons salt	cocktail
½ teaspoon pepper	1 pound ground beef,
2 carrots, sliced	cooked (optional)
2 cups shredded cabbage	

Pour water into a large Dutch oven. Add Love Soup Mix, salt, and pepper. Bring to a boil. Add remaining ingredients. Cover and simmer 45 minutes until carrots and cabbage are done. Yields 6-8 servings.

*Senior Leaders Cookbook*

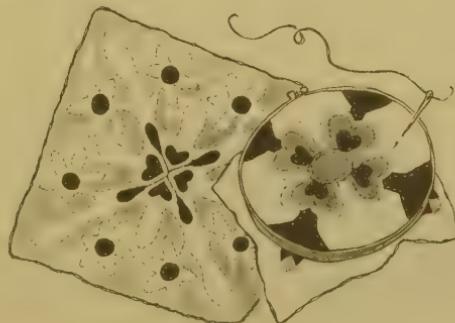


*Nanny's Vegetable Soup*

1/2 pound lean hamburger meat	2 cups cooked corn
2 onions, chopped	2 cups cooked peas
4 boneless chicken breasts	1 teaspoon salt
4 cups diced potatoes	1 tablespoon chili powder
1 (10-ounce) package frozen green beans	1 teaspoon pepper
2 cups elbow macaroni	1 quart tomato juice
1 (12-ounce) package frozen vegetable gumbo mix	1 (16-ounce) can tomato sauce
	1 (10 3/4-ounce) can tomato soup
	3 bay leaves

Brown hamburger meat with onions, reserving grease. Cook chicken breasts in water to cover until tender, reserving broth. In reserved liquids in large soup pot, boil potatoes, green beans, macaroni, and gumbo mix until tender. Add corn and peas to boiling pot. Add seasonings, tomato juice, tomato sauce, and tomato soup. Add meat and chicken; adjust seasoning and add bay leaves. Simmer 2 hours.

*Treasures from Heaven*



## Albert Sidney Johnston's Favorite Vegetable Beef Chowder

Albert Sidney Johnston was a Confederate general during the Civil War.

<b>1/2 pound round steak</b>	<b>1 cup cubed potatoes</b>
<b>2 tablespoons butter</b>	<b>1 cup cubed carrots</b>
<b>2 teaspoons salt, divided</b>	<b>2 tablespoons flour</b>
<b>1/4 teaspoon pepper</b>	<b>4 cups milk</b>
<b>3 cups boiling water</b>	<b>1 cup cooked peas</b>
<b>2 tablespoons chopped onion</b>	

Cut round steak into 1/2-inch cubes and put in cast-iron soup kettle with butter. Fry until nicely browned on all sides. Stir frequently to prevent burning. Add 1 teaspoon salt, pepper, boiling water, and onion. Cover kettle and let simmer for 1 hour.

Now add potatoes, carrots, and remaining teaspoon salt. Cook 20 minutes longer. In a small wooden mixing bowl, blend flour with 2 teaspoons milk. Stir in remaining milk. Pour this into meat and vegetable mixture in soup kettle. Let simmer, stirring constantly, until soup thickens. Lastly, add peas and stir gently. Serve very hot.

**Civil War Period Cookery**

## Corn-Potato Chowder

A Farragut favorite. Daniel Glasgow Farragut became the first admiral in the United States Navy, and is best known for his famous declaration, "Damn the torpedoes. Full steam ahead!"

<b>3 tablespoons butter</b>	<b>2 cups corn, cooked</b>
<b>1 large onion, sliced</b>	<b>4 cups milk, scalded</b>
<b>4 cups diced potatoes</b>	<b>Salt and pepper to taste</b>
<b>2 cups water, boiling</b>	<b>8 soda crackers, split</b>

Put butter (bacon drippings may be used) in a large kettle. When melted, stir in onion slices. Let slow cook 5 minutes. Then add diced potatoes and boiling water. Let simmer until potatoes are soft. Stir in corn and scalded milk. Heat to boiling point. Season to taste with salt and pepper. Add more butter, if desired. Carefully lay in the crackers. Serve while hot. Feeds 6 people generously.

**Historical Thanksgiving Cookery**

## Tex Mex Potato Corn Chowder

*This is a great comfort food with all of my favorite ingredients. I love the creamy, cheesy texture of this soup.*

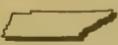
<b>14</b> small potatoes, peeled and diced	<b>2</b> tablespoons chicken bouillon granules
<b>1</b> large brown onion, finely diced	<b>Seasoned salt to taste</b>
<b>1</b> green bell pepper, finely diced	<b>Garlic powder to taste</b>
<b>1</b> tablespoon margarine	<b>Dash of Worcestershire</b>
<b>1</b> (17-ounce) can cream-style corn	<b>2</b> cups shredded Cheddar cheese
<b>1</b> (12-ounce) can whole-kernel corn, do not drain	<b>1½</b> cups shredded Monterey Jack cheese
<b>1</b> (4-ounce) can diced green chiles	

Cover potatoes with water and boil gently, uncovered, until you can pierce them easily with a fork. Drain. In a skillet, sauté onion and bell pepper in margarine, and add to potatoes. Stir in corns, chiles, bouillon granules, and seasonings. Heat until bubbly.

Place ingredients in a large (5- to 6-quart) crockpot and cook on HIGH until it bubbles again, then turn to Low and stir in shredded cheese. Simmer on Low at least 1 hour. Makes 4-6 servings.

***Kitchen Komforts***

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 Davy Crockett, celebrated hero, warrior, and backwoods statesman, was not "born on a mountaintop in Tennessee," as the song says. He was actually born on August 17, 1786, in a small cabin on the banks of the Nolichucky River, near the mouth of Limestone Creek near Greeneville, where a replica of the log cabin stands today.

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## Seafood Gumbo

1 pound unpeeled fresh shrimp	1 (16-ounce) can chopped tomatoes, undrained
Vegetable spray	1 (8-ounce) bottle clam juice
1 teaspoon margarine	3 tablespoons all-purpose flour
1 cup chopped onion	1 teaspoon Worcestershire
1 clove garlic, minced	3/4 teaspoon salt
1 chicken breast, cut up (optional)	1 teaspoon gumbo filé, or 1/2 teaspoon dried whole thyme
1 link smoked sausage, cut up (optional)	1/4 teaspoon pepper
7 cups water	1/8 teaspoon hot sauce
1 (10-ounce) package frozen sliced okra	1 pound fresh crabmeat
1 cup sliced celery	1 (4-ounce) jar diced pimiento, drained
3/4 cup chopped bell green pepper	

Peel and devein shrimp; set aside. Coat a 5-quart Dutch oven with cooking spray. Add margarine. Place over medium heat until melted; add onion and garlic; sauté until tender. Add shrimp (and chicken and sausage, if desired), water, okra, celery, and bell pepper; bring to a boil. Reduce heat. Simmer, uncovered, 30–35 minutes.

Stir in tomatoes. Combine clam juice, flour, Worcestershire, salt, gumbo filé, pepper, and hot sauce. Add to gumbo mixture, stirring well. Cook over medium heat until mixture begins to thicken. Stir in crabmeat and pimiento. Serve over rice.

***Cookin' in the Grove***

## Chicken Oyster Gumbo

A Butterfield Christmas special. Daniel Butterfield, a Union brigadier general, composed the famous bugle call we know even today as "Taps."

**1 (3-pound) chicken**

**Salt and pepper to taste**

**3 tablespoons lard or shortening**

**3 tablespoons flour**

**3/4 onion, minced**

**1 tomato, sliced**

**2 quarts hot water**

**Pinch of cayenne pepper**

**24 oysters**

**3 sprigs parsley, minced**

**2 tablespoons filé**

Cut chicken into pieces suitable for serving. Wash and wipe dry. Season highly with salt and pepper. Melt lard or shortening in large kettle. When hot, drop in chicken pieces and fry until browned on all sides. Remove chicken. Sift flour into melted lard in kettle. Stir and let it brown nicely. Add onion and let it brown slightly. Now stir in tomato slices. Cook 2 minutes, stirring all the while. Add chicken pieces and hot water. Toss in a few grains of cayenne pepper. Let everything simmer until chicken is tender. Then add oysters and parsley. Let simmer 20 more minutes. Take kettle from fire. Lastly, stir in the filé. Scoop over boiled or steamed rice, and serve while piping hot.

**Note:** Filé is made from the tender leaves of the sassafras tree that has been dried and pulverized.

### Historical Christmas Cookery



## CHILIES

### Woodturner's Chili

Handed down from one woodturner to another—50 years of practice makes this chili what it is today. Ross Markley of Turtle Hollow Gallery wants you to be careful when broiling the beef. He says, "Stop! Do not broil a second beyond medium."

**1 (4-pound) eye of round  
3 cloves garlic sliced  
1 pound hot Italian sausage  
6 Vidalia onions, chopped  
3 cloves garlic, minced  
4 (12-ounce) cans tomatoes**

**1 (15-ounce) can tomato sauce  
4 (15-ounce) cans red kidney beans  
4 tablespoons chili powder  
1 tablespoon salt  
½ tablespoon pepper**

Broil eye of round with sliced garlic (use knife to make small slits in meat to hold garlic) until just medium (150°); do not overcook. Remove and set aside. Broil Italian sausage until done.

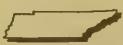
Coat bottom of large soup pot with cooking spray. Sauté onions and garlic until tender, about 5 minutes. Add tomatoes, tomato sauce, kidney beans, chili powder, salt, and pepper. Simmer 2 hours, stirring every ½ hour with wooden spurtle or spoon.

Slice broiled eye of round and sausage into ½-inch cubes and add to chili. Stir with spurtle until well blended. Simmer an additional ½ hour. Before serving, heat soup tureen with hot water. Pour out water and add chili. Leftover chili freezes well.

**Note:** A spurtle is the traditional Scottish cookware (looks like a drum stick) for stirring porridge and oatmeal.

### Whop Biscuits & Fried Apple Pie

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 Established in 1937, Great Smoky Arts and Crafts Community in Gatlinburg is the longest running craft show in the nation. Comprised of the largest group of independent artisans in North America, the arts and crafts community has eight miles of shops and galleries. Designated a Tennessee Heritage Arts and Crafts Trail, these artisans whittle, paint, sew, cast, and carve to create original collectables.

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## CHILIES

### *Three-Alarm Chili*

1 pound lean ground beef	2 teaspoons cumin
1 medium onion, finely chopped	3 tablespoons chili powder
3 cloves garlic, minced	2 tablespoons baking cocoa
1 large green bell pepper, chopped	2 teaspoons sugar
2 (28-ounce) cans tomatoes, crushed, divided	1 teaspoon crushed hot pepper
1 tablespoon oil	1 teaspoon Tabasco sauce
2 teaspoons oregano	1 (15-ounce) can kidney beans, rinsed, drained

Brown ground beef in 2½-quart saucepan over medium heat for 6–8 minutes, stirring until crumbly. Drain ground beef; remove to a bowl. In same saucepan, sauté onion, garlic, and green pepper with ½ cup tomatoes in oil 3 minutes. Add oregano, cumin, chili powder, cocoa, sugar, hot pepper, and Tabasco sauce. Cook 3 minutes. Add beans, ground beef, and remaining tomatoes. Simmer 25 minutes. Yields 8 servings.

Nutritional Analysis: Cal 223; Prot 19g; Carbo 23g; Fiber 5g; T Fat 8g; Chol 38mg; Sod 554mg. Dietary Exchanges: Vegetable 2; Bread/Starch 1; Meat 2; Fat ½

### *Answering the Call of Those in Need*



## CHILIES

### *Monday's Chicken Chili*

3 tablespoons extra virgin olive oil  
1 large onion, chopped  
1 red bell pepper, chopped  
1 green bell pepper, chopped  
1 yellow bell pepper, chopped  
1 jalapeño chile, seeded and minced  
2 tablespoons minced garlic  
2 tablespoons chili powder  
1 teaspoon cumin

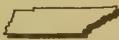
1/4 teaspoon coriander  
1/4 teaspoon cinnamon  
4 cups shredded cooked chicken  
2 (28-ounce) cans Italian plum tomatoes, chopped, undrained  
1 (15-ounce) can dark red kidney beans, drained and rinsed  
1 tablespoon lemon juice  
Salt and pepper to taste  
Hot cooked rice or barley

Heat olive oil in a large heavy stockpot. Cook onion, bell peppers, and jalapeño chile in the hot oil 5 minutes, stirring frequently. Stir in garlic. Cook until vegetables are tender, stirring constantly. Mix chili powder, cumin, coriander, and cinnamon in a bowl. Add spice mixture to onion mixture, and mix well. Cook until slightly fragrant, stirring constantly.

Combine chicken, undrained tomatoes, beans, and lemon juice in a bowl, and mix well. Add chicken mixture to onion mixture, and mix well. Season with salt and pepper. Simmer 15 minutes, stirring occasionally. Ladle over hot cooked rice or barley in chili bowls. Serve with shredded cheese, sour cream, and chopped scallions. Serves 8.

**Provisions & Politics**

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Music is such an integral part of Tennessee's heritage that there is not one, but six official state songs: "My Homeland, Tennessee," "When It's Iris Time in Tennessee," "My Tennessee," "Tennessee Waltz," "Tennessee," and "Rocky Top."

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## CHILIES

### *White Chicken Chili with Hush Puppy Dumplings*

#### CHILI:

**1** dried Anaheim chile pepper,  
rehydrated  
**4** boneless, skinless chicken  
breasts, halved  
**3** (14.5-ounce) cans chicken  
broth, divided  
**2** tablespoons olive oil  
**¾** cup finely chopped onion

**2** cloves garlic, minced  
**½** cup chopped green bell  
pepper  
**½** teaspoon cumin  
**1** tablespoon chili powder  
**2** tablespoons lime juice  
**1** (15-ounce) can cannellini  
beans

Remove stem and seeds from chile pepper. Place chicken in a shallow baking dish; add chile pepper and 1 cup chicken broth. Bake in 350° oven for 30 minutes, turning once.

Cut chicken into bite-size pieces; chop chile pepper, and add remaining chicken broth. Place saucepan over medium heat and bring to a simmer. In a small skillet, place olive oil, onion, garlic, bell pepper, cumin, and chili powder; sauté about 3 minutes or until vegetables are tender. Add sautéed mixture to chicken. Add lime juice and cannellini beans; simmer while preparing dumplings.

#### HUSH PUPPY DUMPLINGS:

**¼** cup self-rising yellow  
cornmeal mix  
**¼** cup finely chopped onion

**⅓** cup buttermilk  
**2** tablespoons chopped parsley  
**½** cup flour

In a bowl, combine all ingredients thoroughly. Bring Chili to a boil, then carefully drop in dumpling batter by rounded teaspoons. Cover, reduce heat to a simmer, and cook 15 minutes without lifting lid.

#### GARNISH:

**½** cup sour cream

**6** tablespoons salsa

Garnish each serving with a dollop of sour cream and a tablespoon of salsa.

**Tennessee Cook Book**

## STEWs

### After Church Stew

**1½ pounds beef, cubed  
1 teaspoon salt  
¼ teaspoon pepper  
½ teaspoon basil  
2 stalks celery, sliced (optional)**

Place beef in a 3-quart casserole. Sprinkle with salt, pepper, and basil. Add vegetables. Combine soup and water; pour over meat and vegetables, coating all pieces. Cover tightly and bake at 300° for 3–3½ hours.

*From Our Kitchen to Yours Volume II*

### Brunswick Stew

**1 (3-pound) fryer  
4 medium onions  
1½ quarts fresh or frozen  
butter beans  
3–4 medium potatoes, diced  
1½ cups sliced okra (optional)**

**1 quart corn  
1 quart or more tomato juice  
Salt and pepper to taste  
Red pepper to taste  
2 (10¾-ounce) cans alphabet  
soup, undiluted**

Boil chicken and onions until tender and meat can be removed from bones. Remove chicken and allow to cool; add beans, potatoes, and okra to broth and cook 45 minutes. Remove chicken from bones. Remove skin and chop chicken into small pieces. Add to beans along with corn and tomato juice. Season and simmer for at least another hour, adding soup during last 15–20 minutes of cooking time. Freezes well.

*Burnt Offerings II*

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 The Cherokee silversmith, Sequoyah, was the only man in the history of the world known to single-handedly develop an alphabet, which incidentally, resulted in the first written language for a Native American people. The Sequoyah Birthplace Museum in Vonore is dedicated not only to Sequoyah, but to the history and culture of Native Americans.

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## STEWS

### *Cabbage Patch Stew*

1 pound ground beef	1 (15-ounce) can diced tomatoes
1 head cabbage, chopped	1 tablespoon chili powder
2 onions, chopped	Salt and pepper to taste
1/2 cup diced celery	Mashed potatoes (instant or
2 cups water	homemade)
2 (15-ounce) cans red kidney beans, rinsed and drained	

Brown beef. Add cabbage, onions, and celery. Cook in large pot until vegetables are semi-tender. Add water and simmer 15 minutes. Add beans, tomatoes, chili powder, salt and pepper. Simmer 30 minutes or longer. Serve in bowls topped with spoonfuls of mashed potatoes. Great with hot corn bread.

*Sharing Our Best-East Ridge*

### *Cowboy Stew*

2 pounds ground beef	3 cups cubed potatoes
1 onion, chopped	1 tablespoon chili powder
1 green bell pepper, chopped	1 teaspoon garlic salt
2 (20-ounce) cans tomatoes	1 teaspoon pepper
2 (15-ounce) cans kidney beans, rinsed and drained	1 teaspoon salt
1 (15-ounce) can whole-kernel corn, undrained	6 strips bacon, cooked and crumbled

Cook ground beef, onion, and pepper until tender and ground beef is brown. Drain. Add remaining ingredients. Let simmer 2 hours.

*A Taste of Historic Lynchburg*



## *Salads*



PHOTO © LEE FOSTER

Located in the heart of downtown Memphis, Beale Street is one of America's most famous musical streets. In the early 1900s, Beale Street was a Mecca for young musicians. W.C. Handy wrote the first blues song here in 1909. In 1977, Beale Street was officially declared the Home of the Blues.



## SALADS

### Almond Chicken Salad

5 pounds boneless, skinless chicken breasts  
1/4 cup (1/2 stick) butter, softened  
Salt and pepper to taste  
2 cups reduced-fat mayonnaise  
2 tablespoons soy sauce  
2 tablespoons lemon juice

1/4 teaspoon curry powder  
1 pound seedless green grapes, cut into halves  
2 cups chopped celery  
1 (8-ounce) can sliced water chestnuts, drained  
1 (3-ounce) package slivered almonds, toasted

Coat chicken with butter. Sprinkle with salt and pepper. Wrap chicken in heavy-duty foil and place on baking sheet. Bake at 350° for 1 hour or until chicken is cooked through. Cool slightly. Chop chicken into bite-size pieces.

Combine mayonnaise, soy sauce, lemon juice, and curry powder in a bowl, and mix well. Add chicken and toss to coat. Stir in grapes, celery, and water chestnuts. Spoon into a serving bowl. Sprinkle with almonds. Yields 15 servings.

*Once Upon a Recipe*

### Orange Chicken Salad

2 cups cooked rice  
1/2 cup finely chopped celery  
1/4 cup finely chopped onion  
1/4 cup finely chopped green pepper  
1/4 cup finely chopped water chestnuts

1 1/4 cups cooked and chopped chicken breasts  
1/2 cup fat-free Catalina dressing  
1 tablespoon soy sauce  
1/4 teaspoon ginger  
Mandarin orange sections

In bowl, combine rice, vegetables, and chicken. In separate bowl, combine Catalina, soy sauce, and ginger. Toss with rice mixture. Garnish with Mandarin oranges. Let chill several hours so flavors can blend.

*Fit for Your Life II*

## SALADS

### *Chicken Salad with Roasted Walnuts*

#### **DRESSING:**

**1 egg yolk**  
**1½ teaspoons lemon juice**  
**¾ teaspoon Dijon mustard**

**6 tablespoons olive oil**  
**Salt and freshly ground pepper to taste**

In a small bowl, mix egg yolk, lemon juice, and mustard. Gradually whisk in olive oil, and season with salt and pepper. Set aside.

#### **SALAD:**

**1 head Boston lettuce, torn into large bite-size pieces**  
**1½ pounds barbecued or grilled chicken, skinned, boned, and shredded**

**3 ounces goat cheese, crumbled**  
**1 bunch radishes, trimmed and sliced**

In a large salad bowl, combine lettuce, chicken, cheese, and radishes. Toss with enough Dressing to coat.

#### **ROASTED WALNUTS:**

**¾ cup walnuts**  
**1 teaspoon oil**  
**2 teaspoons sugar**

**¼ teaspoon salt**  
**⅛ teaspoon ground cumin**  
**Pinch of dried red pepper flakes**

Preheat oven to 450°. Place walnuts in a small bowl. Add oil and mix to coat well. Add remaining ingredients and mix well. Transfer mixture to a small cake pan. Roast nuts, stirring occasionally, until they are brown, about 8 minutes. Sprinkle roasted walnuts over Salad. Makes 2 servings.

**Note:** Remaining Dressing may be passed separately, if desired. I use chicken breasts cooked on the outdoor grill; however, barbecued chicken with sauce may be used.

*The Table at Grey Gables*



Some well-known Tennessee musicians include Bessie Smith ("Empress of the Blues") from Chattanooga, Memphis musician W. C. Handy (known as "Father of the Blues"), and Bill Monroe, the "Father of Blue Grass."

*Chicken Waldorf Salad*

4 boneless, skinless chicken breasts  
 2 large red apples  
 1 tablespoon lemon juice  
 $\frac{1}{3}$  cup mayonnaise  
 $\frac{1}{3}$  cup plain fat-free yogurt (optional)

2 teaspoons sugar (optional)  
 4 large stalks celery, chopped  
 $\frac{1}{2}$  cup raisins  
 Cavender's Greek Seasoning  
 1 tablespoon chopped pecans, toasted

Simmer chicken in water to cover until done, then cut in bite-size pieces. Chop apples, leaving peel on, and sprinkle with lemon juice. Mix mayonnaise and yogurt with sugar, then combine all ingredients, except seasoning and pecans; mix well. Season to taste with Cavender's. Sprinkle each serving lightly with pecans. Makes 8 servings.

*Sharing Our Best-East Ridge*

*Strawberry-Chicken Salad*

1 pound raw chicken (meat only)  
 $\frac{1}{2}$  cup tarragon or raspberry vinaigrette  
 4 cups assorted greens

$\frac{1}{2}$  cup sliced celery  
 $\frac{1}{2}$  cup poppy seed dressing, divided  
 8 fresh strawberries, sliced

Cut chicken into bite-size strips. Combine chicken and vinaigrette in a bowl. Marinate in refrigerator at least 60 minutes, longer if possible. Divide greens evenly between 4 plates. Sprinkle with celery. Chill until serving time.

Drain chicken, discarding marinade. Sauté over medium-high heat until thoroughly cooked and lightly browned. Divide among plates of greens. Deglaze sauté pan with 1-2 tablespoons poppy seed dressing. Pour over chicken. Distribute strawberries on salads. Pour remaining poppy seed dressing over top. Yields 4 servings.

*Today's Herbal Kitchen*

## SALADS

### Grilled Chicken Salad

4 cups cut-up leaf lettuce  
2 cups cut-up spinach  
½ cup chopped broccoli florets  
2 hard-boiled eggs, divided,  
    cut up

¼ cup grated Cheddar cheese  
¼ cup grated mozzarella cheese  
2 leftover grilled chicken breasts,  
    divided  
½ small avocado, sliced

Combine lettuce and spinach, and divide into 2 bowls. On each salad, layer half the broccoli, 1 cut-up egg, half the cheeses, and 1 chicken breast cut into strips. Garnish with avocado slices. Pour Dressing over salad when you are ready to serve.

#### DRESSING:

3 tablespoons olive oil  
¾ tablespoon lemon juice  
½ tablespoon Bragg Liquid  
    Aminos  
1 garlic clove, minced  
¼ teaspoon dry mustard

1 teaspoon honey  
½ teaspoon Mrs. Dash (Original)  
⅛ teaspoon cayenne pepper  
1 teaspoon Hain safflower  
    mayonnaise

Mix all ingredients. Don't use till ready to serve salad.

*All Your Favorite Foods Made Healthy*

### All-Time Favorite Potato Salad

3-4 medium potatoes, cooked,  
    peeled, cubed  
3 eggs, hard-boiled, chopped  
1 small onion, or 6 green onions,  
    chopped  
2 stalks celery, chopped  
¼ cup chopped pickle or pickle  
    relish (dill or sweet)

1 teaspoon salt  
⅛ teaspoon pepper  
¾ cup mayonnaise or salad  
    dressing  
1 tablespoon prepared mustard

In large bowl, combine all ingredients; mix well. Cover and refrigerate until serving time. Makes 4-6 servings.

*Tastes from the Country*



## SALADS

### Dill Potato Salad

**6-8 medium potatoes**

**1 1/4 teaspoons salt**

**1/4 teaspoon pepper**

**1/2 teaspoon celery seed**

**1 tablespoon vinegar**

**1 teaspoon prepared mustard**

**1/2 teaspoon dill**

**4-6 hard-cooked eggs (reserve 1  
for garnish)**

**2 small onions, diced**

**1 cup mayonnaise**

**Parsley**

Cook unpeeled potatoes in boiling water 30-35 minutes or until tender. Drain, cool, peel, and cut into cubes. Combine salt, pepper, celery seed, vinegar, mustard, and dill; add to potatoes. Cut eggs into chunks, reserving one to slice for garnish. Add eggs, onions, and mayonnaise to potato mixture; mix gently. Garnish with sliced egg and parsley. Chill, covered, until served. Yields 6-8 servings.

*Cooking with Friends—Curry Chapel*

### Low-Cal Sweet Potato Salad

**2 large sweet potatoes, peeled,  
quartered lengthwise**

**2 tablespoons olive oil, divided**

**Salt and pepper to taste**

**1/2 cup thinly sliced green  
onions**

**3/4 tablespoon cider vinegar**

Preheat oven to 400°. Place sweet potatoes in 9x13x2-inch baking dish. Drizzle with 1 tablespoon olive oil; toss to coat. Sprinkle potatoes with salt and pepper. Cover with aluminum foil and bake 15-20 minutes. Uncover. Using spatula, turn potatoes and return to oven. Cook another 20 minutes or until tender and light brown, turning several times. Remove from oven, cool, and cut into 1-inch pieces. Transfer to serving bowl and sprinkle with green onions. Whisk vinegar and remaining oil in small bowl. Pour over potatoes and toss to coat. Yields 4 servings.

*Favorite Recipes Home-Style*

## SALADS

### *Garden Fresh Broccoli Salad*

1 large bunch broccoli	2 tablespoons vinegar
1 small purple onion, chopped	2 tablespoons sugar
½ cup chopped raisins	10-12 slices crisp-fried bacon,
1 cup mayonnaise	crumbled

Chop broccoli florets. Peel and chop the stalks. Combine broccoli, onion, and raisins in a bowl and mix gently. Two hours before serving, stir in a mixture of mayonnaise, vinegar, and sugar. Chill, covered, until serving time. Stir in the bacon. Yields 6-8 servings.

*Good Humor Cookin'*

### *Pea Salad*

8 eggs, hard-boiled and peeled	2 cups mayonnaise
8 slices bacon	3 tablespoons white sugar
2 heads romaine lettuce, rinsed, dried, and torn into bite-size pieces	2 tablespoons red wine vinegar, or 2 tablespoons milk
1 (16-ounce) package frozen green peas, thawed	3 cups shredded Cheddar cheese

Slice eggs or crumble into pieces. Cook bacon in large skillet, turning frequently until evenly browned. Remove from skillet and cool. Crumble bacon into pieces. Using a 9x13-inch baking dish or large bowl, layer lettuce, peas, eggs, and bacon. In a small bowl, mix together mayonnaise, sugar, and vinegar or milk until smooth. Pour over salad, then top with cheese. Cover and chill for at least 2 hours before serving.

*From Our Kitchen to Yours Volume II*

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The legendary railroad engineer Casey Jones, who was killed when his train crashed on April 30, 1900, lived in Jackson, Tennessee. Today there is a museum in his honor located in Jackson.

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*Three Bean Salad*

2 cups sugar	1 (15-ounce) can kidney beans
1 cup vinegar	1 bell pepper, cored and diced
1 (15-ounce) can string beans	1 purple onion, diced
1 (15-ounce) can waxed beans	1 tablespoon celery seeds

Heat sugar and vinegar until sugar is dissolved. Combine drained beans, bell pepper, onion, and celery seeds in large bowl, and pour sugar-vinegar mixture over all; mix well. Cover and refrigerate overnight.

*Cookin' in the Grove*

*Orange Spinach Salad*

3 large oranges, peeled and sectioned	1/4 cup thinly sliced red onions
1/2 pound fresh spinach, washed, stems removed	1/4 cup plain nonfat yogurt
1 (8-ounce) can sliced water chestnuts, drained	3 tablespoons nonfat mayonnaise
	1 tablespoon honey
	1 tablespoon skim milk
	1 teaspoon poppy seeds

Assemble all ingredients and utensils. In large bowl, combine oranges, spinach, water chestnuts, and red onions. Toss gently. In a separate bowl, combine remaining ingredients except poppy seeds. Yields 8 (1/2-cup) servings with 1 tablespoon dressing each. Sprinkle poppy seeds over each serving.

Nutritional Analysis: Cal 61; Fat 0.4g; Chol 0.2mg; Sod 69mg; Carbo 14g; Fiber 1g  
Diabetic Exchange: 1/2 fruit, 1 vegetable

*Miss Daisy's Healthy Southern Cooking*

## SALADS

### Pomegranate Orange Salad

"Prepare this salad in the late fall when the leaves have fallen and the sky is grey," suggests Kathy Shields Guttman. "The sparkling ruby red pomegranate and the shimmering Mandarin orange sections add so much needed color for an otherwise bleak November day."

#### SALAD:

**1 small head red leaf lettuce  
1 small head Boston lettuce  
1 cup thinly sliced red onion**

**1 pomegranate  
1 (11-ounce) can Mandarin orange sections, drained**

In large salad bowl, combine red lettuce, Boston lettuce, and red onion. Break pomegranate into sections and remove red fruit. Add to salad along with orange sections. Just before serving, toss with Vinaigrette Dressing.

#### VINAIGRETTE DRESSING:

**2 tablespoons tarragon white wine vinegar  
1 tablespoon olive oil  
1 teaspoon honey  
1/4 cup orange juice**

**1 teaspoon Dijon mustard  
1 clove garlic, minced  
1 green onion, minced  
2 tablespoons chopped fresh parsley**

Whisk together vinegar, oil, honey, orange juice, and mustard. Add garlic, green onion, and parsley, and mix well. Chill before using.

### Whop Biscuits & Fried Apple Pie

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 The worst earthquake in American history, the New Madrid Earthquake, occurred in the winter of 1811-12. The earthquake caused a vast land area to drop several feet in northwestern Tennessee, which caused massive tidal waves on the Mississippi River. The river flowed backward into the area that sank, creating what is known today as Reelfoot Lake. Reelfoot Lake is roughly 15 miles long and 5 miles wide, with an average dept of 5.2 feet.

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## SALADS

### Orange-Almond Salad

1/4 cup salad oil	1 cup thinly sliced celery
2 tablespoons sugar	2 tablespoons sliced green onions
2 tablespoons malt vinegar	2 (11-ounce) cans Mandarin
1/4 teaspoon salt	oranges, or 3 medium oranges, sliced
1/8 teaspoon almond extract	1/3 cup toasted slivered almonds
6 cups torn mixed greens	

In screw-top jar, combine oil, sugar, vinegar, salt, and almond extract. Cover and shake well to dissolve sugar and salt. Chill. At serving time, in large salad bowl, combine greens, celery, onions, and oranges. Sprinkle with almonds. Pour dressing over and toss gently to coat. Serve at once. Makes 6-8 servings.

*Sharing Our Best—East Ridge*

### The Salad They Love

1 large bunch romaine lettuce	2/3 cup sliced almonds
1 small pie-shaped wedge Brie cheese	2 tablespoons butter
1 pint fresh strawberries, sliced	1 tablespoon sugar

Prepare lettuce as normal and place in salad bowl. Chop Brie, including outside layer, and place around edge of salad. Place sliced strawberries in center of lettuce. Sauté almond slices in butter and sugar until browned (do not overcook); sprinkle over salad.

#### DRESSING:

3/4 cup sugar	1 1/2 tablespoons grated onion
1 teaspoon dry mustard	1 cup salad oil
1/4 teaspoon salt	1 1/2 tablespoons poppy seeds
1/2 cup vinegar	

Mix well and toss with salad.

*First Sunday Cookbook*

## SALADS

### *Celestial Salad*

#### SALAD DRESSING:

$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon celery seeds
$\frac{1}{4}$ cup orange juice	$\frac{1}{2}$ teaspoon dry mustard
2 tablespoons olive oil	2 tablespoons chopped fresh
2 tablespoons red wine vinegar	parsley

Combine all ingredients in a jar with a tightfitting lid, shaking to mix.

#### SALAD:

1 head romaine lettuce, torn into bite-size pieces	$\frac{1}{2}$ cup chopped green onions
1 (11-ounce) can Mandarin oranges, drained	$\frac{1}{2}$ cup sliced fresh mushrooms
1 cup seedless grape halves	$\frac{1}{4}$ cup sliced almonds, toasted (optional)

Combine romaine, Mandarin oranges, grapes, green onions, mushrooms, and  $\frac{1}{2}$  the almonds in a salad bowl, and mix gently. Add Salad Dressing just before serving, tossing to coat. Sprinkle with remaining almonds. Yields 8 servings.

Nutritional analysis: Cal 95; Carbo 13.4g; Prot 1g; Total Fat 3g; Chol 0mg; Sod 8mg; Fiber 2g; Cal from Fat 28%

*A Taste of the Good Life: From the Heart of Tennessee*





## SALADS

### *Tex-Mex Salad*

1 head iceberg lettuce, shredded	2 tomatoes, chopped
8 ounces shredded Cheddar cheese	1 small onion, minced (optional)
1 (16-ounce) can chili hot beans, drained	1 green bell pepper, chopped (optional)
8-12 ounces corn chips, crushed	Black olives (optional)
	1 (16-ounce) bottle Catalina salad dressing

Combine lettuce, cheese, beans, corn chips, tomatoes, onion, green pepper, and olives in salad bowl, and mix gently. Add salad dressing, tossing to coat. Yields 10-12 servings.

*Good Humor Cookin'*

### *Picnic Slaw*

1 large head cabbage, cored, chopped	2 cups white vinegar
1 green bell pepper, chopped	3½ cups sugar
3-4 ribs celery, chopped	1½ teaspoons celery seeds
4 medium onions, chopped	1 teaspoon mustard seeds
1 (2-ounce) jar chopped pimentos	1 teaspoon salt

Combine cabbage, bell pepper, celery, onions, and pimentos in large bowl, and mix well. Set aside. Combine vinegar, sugar, celery seeds, mustard seeds, and salt in large saucepan. Cook over medium heat until sugar is dissolved, stirring constantly. Add cabbage mixture to dressing and simmer 6 minutes. Cool rapidly using an ice water bath. Chill, covered, 24 hours before serving. This slaw will keep well in the refrigerator for 2-3 months. Yields 20 servings.

*Marvelous Morsels*

## SALADS

### Oriental Slaw Salad

#### ORIENTAL DRESSING:

$\frac{3}{4}$  cup salad oil  
 $\frac{1}{2}$  cup sugar  
6 tablespoons rice wine vinegar

2 teaspoons salt  
 $\frac{1}{2}$  teaspoon pepper  
 $\frac{1}{2}$  teaspoon ginger

Combine oil, sugar, wine vinegar, salt, pepper, and ginger in a jar with a tight-fitting lid. Seal tightly, and shake to mix.

#### SALAD:

$\frac{1}{2}$  cup chopped almonds  
1 (16-ounce) package coleslaw mix  
2 carrots, peeled, grated  
 $\frac{1}{3}$  cup chopped green onions

2 (3-ounce) packages ramen noodles, broken  
2 tablespoons sunflower seed kernels (optional)

Spread almonds in a single layer on baking sheet. Toast at 350° for 5 minutes or until light brown, stirring once.

Layer coleslaw mix and carrots in bowl. Pour dressing over top. Layer with green onions, ramen noodles, almonds, and sunflower seed kernels. Chill, covered, 2 hours. Toss just before serving. Yields 10 servings.

*Once Upon a Recipe*

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The Ocoee River in southeastern Tennessee is rated among the top white-water recreational rivers in the nation. In the 1996 Olympics, it was the site for the Olympic white-water canoe/kayak competition. Ocoee is a Cherokee name which means "apricot vine place."

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## Hearty Eight-Layer Salad

1½ cups uncooked small shell macaroni	1 (10-ounce) package frozen peas, thawed
1 tablespoon vegetable oil	1 cup mayonnaise
3 cups shredded lettuce	¼ cup sour cream
3 hard-boiled eggs, sliced	¼ cup chopped green onions
¼ teaspoon salt	2 teaspoons Dijon mustard
⅛ teaspoon pepper	1 cup (4 ounces) shredded colby or Monterey Jack cheese
1 cup julienned fully cooked ham	2 tablespoons minced fresh parsley
1 cup julienned hard salami	

Cook macaroni according to package directions; rinse under cold water; drain well. Drizzle with oil; toss to coat. Place lettuce in a 2½-quart glass serving bowl; top with macaroni and eggs. Sprinkle with salt and pepper. Layer with ham, salami, and peas. Combine mayonnaise, sour cream, green onions, and mustard. Spread over top. Cover and refrigerate for several hours or overnight. Just before serving, sprinkle with cheese and parsley. Serves 10.

**Sharing Our Best—Franklin**





## SALADS

### Pasta Salad

1 (16-ounce) package white or tri-color pasta, cooked	2 tablespoons chopped onion
3 ounces red tomato spiral pasta, cooked	$\frac{1}{2}$ cup fresh cauliflower, broken small
1 bell pepper, coarsely chopped	$\frac{1}{2}$ cup fresh broccoli, broken small
$\frac{1}{2}$ cup Italian dressing	Salt and pepper to taste

Combine all ingredients. Chill and serve. Serves 4-6.

*Candy's Favorite Recipes*

### Celebration Pasta Salad

1 (16-ounce) package bow tie pasta	4 teaspoons freshly squeezed lemon juice
Salt to taste	1 teaspoon Italian seasoning
$\frac{1}{2}$ cup plus 3 tablespoons extra virgin olive oil, divided	1 yellow bell pepper, chopped
1 clove garlic, minced	1 red bell pepper, chopped
$\frac{1}{2}$ teaspoon salt	1 small bunch scallions, chopped
$\frac{1}{2}$ teaspoon freshly ground pepper	4 ounces prosciutto, finely chopped
2 tablespoons red wine vinegar	$\frac{1}{2}$ cup grated Parmesan cheese

Using package directions, cook pasta in salted water with 1 tablespoon olive oil in a saucepan; drain and rinse in cold water. Combine garlic, salt, pepper, vinegar, lemon juice, remaining  $\frac{1}{2}$  cup plus 2 tablespoons olive oil, and Italian seasoning in a bowl; mix well.

Combine cooked pasta, yellow pepper, red pepper, scallions, and prosciutto in a large salad bowl. Add dressing; toss to mix. Add Parmesan cheese; toss to mix. Yields 4 servings.

*Dining in the Smoky Mountain Mist*

*Deep Sea Salad Ring*

2 (7-ounce) cans tuna, drained  
 2 hard-boiled eggs, chopped  
 ½ cup chopped stuffed olives  
 ½ cup finely chopped celery  
 ½ tablespoon minced onion  
 1 tablespoon unflavored gelatin  
 ¼ cup cold water  
 2 cups mayonnaise

¼ teaspoon liquid hot pepper  
 seasoning  
 ½ head crisp lettuce, finely  
 chopped for garnish  
 3 large tomatoes, wedged for  
 garnish  
 3 large avocados, sliced for  
 garnish

Combine drained tuna with eggs, olives, celery, and onion. Sprinkle gelatin over cold water; let soften 5 minutes. Place bowl of softened gelatin in pan of boiling water; stir until dissolved. Stir gelatin into mayonnaise. Add tuna mixture and hot pepper seasoning. Pour into 1½-quart ring mold. Refrigerate until firm. Unmold on platter.

Garnish salad ring with lettuce, tomatoes, and avocados; place in center of ring and around platter.

*Favorite Recipes Home-Style**Jean's Thanksgiving Salad*

1 (3-ounce) box cherry Jell-O  
 1 (3-ounce) box strawberry  
 Jell-O  
 1 (3-ounce) box  
 cranberry-raspberry Jell-O  
 1 (17-ounce) can crushed  
 pineapple, reserve juice

2 (16-ounce) cans whole cranberry  
 sauce  
 1 (8-ounce) plus 1 (3-ounce)  
 package cream cheese,  
 softened  
 1 cup chopped nuts

Dissolve Jell-O in 3 cups boiling water. Put pineapple and cranberry sauce in Jell-O. Place half of Jell-O mixture in 10x15-inch dish. Refrigerate until jelled. Mix cream cheese with pineapple juice; add nuts, spreading on top of jelled mixture. Pour remainder of Jell-O mixture on top of cream cheese and let jell.

*What's Cookin' in Jean's Kitchen?*



## SALADS

### Strawberry Salad

1 (4-serving) package strawberry Jell-O	2 teaspoons lemon juice
1 cup boiling water	1 (8-ounce) can crushed pineapple, drained
1 (10-ounce) package frozen strawberries	½ cup chopped pecans
2 large bananas	½ pint sour cream

Mix Jell-O and water. Add frozen strawberries. Stir until thawed. Mash bananas with lemon juice. Add pineapple and nuts to bananas and mix with Jell-O. Pour ½ mixture into 8x8-inch pan and congeal; leave remaining ½ mixture uncongealed. Spread sour cream over firm layer and top with other ½ Jell-O mixture. Chill until firm.

*Premium Recipes*

### Apricot Cheese Delight

2 (3-ounce) boxes orange gelatin	1 (20-ounce) can apricots, drained, cut into pieces, reserve juice
2 cups boiling water	1 cup juice from canned fruits
1 (20-ounce) can crushed pineapple in juice, drained, reserve juice	¾-1 cup miniature marshmallows

Dissolve gelatin in boiling water. Add drained fruit, 1 cup juice from fruit, and marshmallows. Pour into 9x13-inch glass baking dish. Congeal.

#### TOPPING:

½ cup sugar	½ pint whipping cream, whipped
2 teaspoons flour	¾ pound grated mild Cheddar cheese
1 egg	
1 cup juice from fruit	

Mix sugar and flour. Blend in egg and fruit juice. Cook on low heat until thick. Cool. Fold in whipped cream. Spread over congealed mixture when firm or before serving time. Sprinkle with grated cheese. Cut into squares and serve on lettuce. Serves 12.

*Choice Recipes from Choices Restaurant*

*Simple Fruit Salad*

**2** (15-ounce) cans pineapple  
chunks, drained, reserve juice  
**1** (11-ounce) can Mandarin  
oranges, drained  
**3** bananas, sliced  
**1** (3-ounce) package vanilla  
instant pudding mix

**3** tablespoons orange breakfast  
drink mix  
Chopped nuts to taste  
Miniature marshmallows to taste

Combine pineapple, Mandarin oranges, and bananas in a bowl. Sprinkle pudding mix over fruit. Combine reserved pineapple juice and orange breakfast drink mix in a small bowl, mixing well. Pour juice mixture over fruit; mix well. Fold in chopped nuts and marshmallows. Chill, covered, until serving time. Yields 4-6 servings.

*Marvelous Morsels**Mother's Christmas Ambrosia*

**6-8** navel oranges, peeled and  
cut up  
**2** (20-ounce) cans chunk  
pineapple, do not drain  
**4** bananas, sliced  
**3/4** cup chopped pecans or  
walnuts

**1** (7-ounce) package coconut  
**1** (6-ounce) bottle red maraschino  
cherries  
Raisins (optional)  
**2** teaspoons orange flavoring  
**2** cups sugar  
**2** cups sliced grapes

Mix all together using juice from pineapple. Stir often for flavor. Will keep several days in refrigerator.

*Treasures from Heaven Volume II*



Oak Ridge, the secret city created in the 1940s, was instrumental in the development of the first weapon of mass destruction, the atomic bomb. Today, because of constant energy research, it is known as the Energy Capital of the World, and is home to the American Museum of Science and Energy.



## SALADS

### *Christmas Salad*

**1 tablespoon gelatin**  
**1/2 cup cold water**  
**1 cup hot water**  
**1/3 cup sugar**  
**2/3 teaspoon salt**

**1/8 cup lemon juice**  
**1 cup finely chopped cooked beets**  
**1/4 cup green pepper relish, drained**  
**1/2 cup chopped nuts**  
**1 tablespoon horseradish**

Soak gelatin in cold water 3 minutes, then add hot water; stir until gelatin dissolves. Add sugar and salt, stirring until they dissolve. Add lemon juice. Put aside until mixture begins to set. Add remaining ingredients; turn mixture into a mold. Allow to set firmly. Unmold and serve with your favorite salad dressing.

### *Favorite Recipes Home-Style*

### *White Corn Relish*

**6-8 ears corn (6 cups kernels)**  
**1 1/2 cups chopped onions**  
**1 cup finely diced celery**  
**1 cup finely chopped green bell pepper**  
**1 cup finely chopped red bell pepper**  
**1 1/2 cups sugar**

**3 teaspoons dry mustard**  
**2 teaspoons celery seed**  
**2 teaspoons salt or to taste**  
**3 3/4 cups white vinegar (5% acidity)**  
**1 1/4 cups water**  
**9 half-pint jars**

Boil corn on cob 5 minutes. Put in cold water. Drain and cut off cob into stockpot. Add onions, celery, bell peppers, sugar, dry mustard, celery seed, salt, vinegar, and water. Blend well and simmer 15 minutes, stirring often. Bring to a boil and pack in jars, allowing 1/4-inch head space. Place canning lids on jars. Process 15 minutes in boiling water bath. Makes about 9 half pints.

*A Lifetime Collection*

## Squash Pickles

4 hot peppers, chopped  
8 cups sliced squash  
2 onions, sliced  
2 bell peppers, sliced

1-2 teaspoons salt  
3 cups sugar  
2 cups vinegar  
1 teaspoon celery seed

Combine peppers, squash, onions, and bell peppers in large bowl. Add enough water to cover. Sprinkle generously with salt. Let stand one hour. Drain. Add sugar, vinegar, and celery seed. Put in large pot and bring to a boil. Pack in sterilized canning jars, and seal with jar tops and rims.

*Recipes & Memories: Bishop's Best Family Recipes*

## Green Tomato Pickles

2 gallons green tomatoes  
4 large onions  
4 bell peppers, green or red  
Hot peppers to taste

3 cups sugar  
2 cups vinegar  
2 tablespoons salt  
1 jar pickling spice

Wash and remove stems from tomatoes. Chop tomatoes and place in container to cook. Chop onions and peppers, and add other ingredients, except pickling spice to tomatoes. Place pickling spice in cloth bag with mixture. Cook until tomatoes change color, approximately 25 minutes—no more than 30 minutes. Place, while hot, in sterilized jars and seal.

*Tastes from the Country*



## *Vegetables & Side Dishes*



PHOTO © INCLINE RAILWAY

*In Chattanooga, you can ride the world's steepest passenger railway up historic Lookout Mountain. Often referred to as America's Most Amazing Mile, Incline Railway has delighted passengers now for over a century.*

## Southern-Style Green Beans

1 pound fresh green beans	1 bay leaf
1 cup canned low-sodium beef or chicken broth	1/2 teaspoon salt
1 small yellow onion, quartered	1/4 teaspoon freshly ground black
1/3 cup chopped cooked lean ham	pepper

Assemble all ingredients and utensils. String green beans, and cut into 1½-inch pieces. Wash beans thoroughly and drain. In large saucepan, combine beans and remaining ingredients. Bring broth to a boil. Cover pan and reduce heat. Cook over low heat 45–50 minutes or until beans are tender. Yields 6 servings of ½ cup each.

Nutritional Analysis: Cal 32; Fat 0.5g; Chol 4mg; Sod 293mg; Carbo 5g; Fiber 1g  
Diabetic Exchange: 1 vegetable

**Miss Daisy's Healthy Southern Cooking**

## Basil Green Beans

2 tablespoons olive oil	1/2–1 cup chopped almonds or pecans
1 medium onion, chopped	1 (8-ounce) can sliced water chestnuts, drained
3 (15-ounce) cans cut green beans, drained (reserve 1/2 cup liquid)	
1–3 tablespoons dried chopped basil	

Heat olive oil in skillet. Add onion and cook until clear (translucent, wilted). Add green beans and basil. Sauté 10 minutes. Add nuts and water chestnuts; cook another 5 minutes or so. Add a little reserved liquid, if beans appear to be too dry. Quantity of nuts and basil based on your preference.

**Ballots to Shallots**



## VEGETABLES

### *Green Beans with Honey-Roasted Pecans*

#### **HONEY-ROASTED PECANS:**

**3/4 cup pecan halves**

**1 tablespoon honey**

Toss pecans with honey in a bowl. Spread honey-coated pecans in a single layer on an oiled baking sheet. Roast in preheated 400° oven 8 minutes, stirring occasionally. Remove pecans to a sheet of wax paper or foil to cool.

#### **GREEN BEANS:**

**1 1/4 pounds fresh green beans,  
trimmed**

**1 teaspoon peanut oil  
1/4 cup julienned red bell pepper**

**1/2 cup chicken stock**

Combine beans, stock, and peanut oil in a saucepan. Cook, covered, over high heat 3 minutes; remove cover. Cook over medium heat until stock evaporates and beans are tender-crisp, stirring occasionally. Spoon beans into a serving bowl. Top with pecans and bell pepper strips. Serves 6.

*Provisions & Politics*

### *Zippy Green Beans*

These beans are a fantastic change from the traditional green bean casserole.

**3/4 pound bacon**

**5 (15-ounce) cans French-style**

**2 medium onions, chopped**

**green beans, drained**

**1 1/2 (10-ounce) cans diced  
tomatoes with chile peppers**

Fry bacon in a Dutch oven until crisp. Remove and drain. Pour off some of drippings and sauté onion in remaining drippings. Add tomatoes and beans. Crumble bacon and stir into beans. Bring to a boil; reduce heat and simmer 30 minutes. Serves 14.

*Have You Heard...A Tasteful Medley of Memphis*



## VEGETABLES

### Creole Green Beans

6 slices bacon  
3/4 cup chopped onion  
1/2 cup chopped green bell pepper  
2 tablespoons all-purpose flour  
2 tablespoons firmly packed brown sugar  
1 tablespoon Worcestershire

1/2 teaspoon salt  
1/2 teaspoon pepper  
1/8 teaspoon dry mustard  
1 (16-ounce) can whole, peeled tomatoes, with liquid  
2 cups cut green beans, cooked and drained

In large skillet, cook bacon until crisp. Remove from skillet and reserve drippings. Crumble bacon and set aside. In skillet, add onion and green pepper to 3 tablespoons bacon drippings. Cook until tender. Blend in flour, brown sugar, Worcestershire, salt, pepper, and mustard. Add tomatoes and cook, stirring constantly, until mixture thickens. Add beans and heat thoroughly. Place beans in a serving bowl, and top with crumbled bacon. Makes 6-8 servings.

*The Table at Grey Gables*

### Firehouse Baked Beans

4 (16-ounce) cans pork and beans  
1 (14 1/2-ounce) can tomatoes  
2 tablespoons mustard  
2 tablespoons ketchup  
1 onion, chopped

1 bell pepper, chopped  
1 tablespoon soy sauce  
1 teaspoon salt  
1/4 cup white Karo syrup  
1 tablespoon Worcestershire  
6 slices bacon

Mix all ingredients, except bacon, in large casserole dish. Cover with strips of bacon. Bake at 350° for an hour.

*Burnt Offerings*

## VEGETABLES

### Will's Bacon Baked Beans

4 slices bacon  
1 (16-ounce) can pork and beans  
1 (16-ounce) can ranch-style beans  
1 green bell pepper, diced  
1 medium onion, diced  
1 (4-ounce) can mushroom stems and pieces, drained  
1/4 teaspoon oregano  
2 tablespoons Worcestershire

2 tablespoons wine vinegar  
1 tablespoon mustard  
1/4 cup brown sugar  
1/4 cup your favorite barbecue sauce  
1/2 teaspoon celery salt  
1/2 teaspoon lemon pepper  
1 teaspoon olive oil  
1/4 teaspoon garlic powder

Cook bacon until crisp; drain and crumble. In a large pot, combine beans, bell pepper, and onion. Add crumbled bacon. Then add remaining ingredients. Bake at 350° for 30 minutes. Serves 8-12.

*Jack Daniel's Old Time Barbecue Cookbook*

### Party Peas

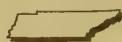
1 (10-ounce) package frozen peas  
1/3 cup chopped onion  
2 tablespoons margarine

1 teaspoon sugar  
1 (4-ounce) can sliced mushrooms, drained  
Salt and pepper to taste

Cook peas using package directions; drain. Sauté onion in margarine in saucepan until tender; do not brown. Stir in peas, sugar, and mushrooms. Season with salt and pepper. Cook, covered, over low heat, until heated through. Yields 4 servings.

Nutritional Analysis: Cal 120; Prot 4g; Carbo 13g; Fiber 3g; T Fat 6g; Chol 0mg; Sod 128mg. Dietary Exchanges: Vegetable 1/2; Bread/Starch 1; Fat 1 1/2

*Answering the Call of Those in Need*



Born in Bakersville, Hattie Caraway (1878-1950) became the first woman to serve as United States Senator.

*Asparagus Casserole*

<b>1 (14-ounce) can asparagus, drained</b>	<b>2 hard-boiled eggs, chopped</b>
<b>1 (15-ounce) can English peas, drained</b>	<b>½ teaspoon salt</b>
<b>1 (10½-ounce) can cream of mushroom soup</b>	<b>½ stick margarine, melted</b>
	<b>1 cup bread crumbs</b>
	<b>Grated Parmesan cheese</b>

Combine asparagus, peas, soup, eggs, and salt. Pour into baking dish. Pour melted butter over bread crumbs; mix. Sprinkle over casserole, then sprinkle with cheese. Bake in 350° oven about 45 minutes.

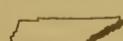
*A Taste of Historic Lynchburg*

*Sweet and Sour Asparagus*

<b>⅔ cup white vinegar</b>	<b>1 teaspoon celery seed</b>
<b>½ teaspoon salt</b>	<b>½ cup water</b>
<b>½ cup sugar</b>	<b>2 (15-ounce) cans green asparagus spears</b>
<b>3 sticks cinnamon</b>	
<b>1 teaspoon whole cloves</b>	

Combine vinegar, salt, sugar, spices, and water in saucepan; bring to a rolling boil. Strain mixture and pour over asparagus in flat dish; lightly mix. Cover and cool to room temperature before serving. Yields 6 servings.

*Favorite Recipes Home-Style*



Tennessee won its most common nickname as the Volunteer State during the War of 1812, when thousands of Tennesseans enlisted in response to Governor Willie Blount's call for volunteers for the Battle of New Orleans. Other nicknames include the Big Bend State (because of the Tennessee River), Hog and Hominy State (now obsolete, but formerly applied because of the plentiful corn and pork products between 1830 and 1840), and the Mother of Southwestern Statesmen (because Tennessee was home to three presidents and a number of other leaders who served with distinction in high government offices).

## VEGETABLES

### *Broccoli Casserole*

$\frac{1}{2}$ cup chopped celery	$1 (15\text{-ounce})$ can English peas, drained
$\frac{1}{2}$ cup chopped onion	$2 (10\frac{3}{4}\text{-ounce})$ cans cream of mushroom soup
$\frac{1}{2}$ cup chopped bell pepper	$1 (5\text{-ounce})$ jar Cheez Whiz
1 stick butter	3 cups cooked rice
2 (10-ounce) packages frozen broccoli, cooked and drained	
1 (2-ounce) jar pimentos	

Sauté celery, onion, and bell pepper in butter. Mix remaining ingredients; combine with sautéed mixture in greased casserole dish. Bake in 375° oven 30 minutes.

*Burnt Offerings*

### *The Best Broccoli Casserole*

1 (22-ounce) bag frozen broccoli spears, or 2 (10-ounce) boxes	1 cup mayonnaise (not salad dressing)
1 (10 $\frac{3}{4}$ -ounce) can cream of chicken soup	Salt and pepper to taste
1 cup grated Cheddar cheese	1 tablespoon grated onion
1 egg, well beaten	Cheese crackers for crumbs
	Additional grated cheese for top

Cook broccoli until tender in salted water; drain. Combine with other ingredients, except cracker crumbs. Place in buttered 1 $\frac{1}{2}$ -quart oblong casserole dish. Cover with cracker crumbs. Put more grated cheese on top. Bake at 375° for 30 minutes.

*Treasures from Heaven*

*Veggie Medley Supreme*

**8 ounces fresh broccoli florets  
2 cups fresh cauliflower florets  
1/2 cup chopped red bell pepper  
1/2 cup plain low-fat yogurt  
1 tablespoon chopped fresh  
parsley**

**2 teaspoons prepared  
horseradish  
1 teaspoon lemon juice  
1/2 teaspoon thyme  
1/2 teaspoon salt  
1/8 teaspoon white pepper**

Place broccoli and cauliflower in a steamer basket over boiling water in a saucepan; reduce heat. Steam, covered, 5 minutes. Add red pepper. Steam, covered, 3 minutes longer or until vegetables are tender-crisp. Transfer vegetables to a serving bowl. Combine yogurt, parsley, horseradish, lemon juice, thyme, salt, and white pepper in a bowl and mix well. Spoon over hot vegetables. Yields 8 servings.

*Holidays at Home*

*Miss Mary's Cabbage Casserole*

**1/2 head cabbage, chopped  
1 small onion, chopped  
1/2 green bell pepper, chopped  
3 tablespoons butter or  
margarine**

**3 tablespoons all-purpose flour  
1 cup milk  
1/2 cup shredded Cheddar  
cheese  
Corn bread crumbs**

Cook first 3 ingredients in lightly salted water until tender. Drain. Melt butter in saucepan. Stir in flour and cook 1 minute, stirring constantly. Slowly add milk; stir until thickened. Add cheese; blend until melted. Preheat oven to 325°. Layer drained cabbage mixture and cheese sauce in a greased casserole. Make several layers ending with sauce. Bake until bubbly. Top with crumbs (we use corn bread crumbs that are sprinkled with poultry seasoning, or you could use corn bread stuffing mix). Return to oven until lightly browned. Makes 4 servings.

**Jack Daniel's The Spirit of Tennessee Cookbook**  
Used by permission of Rutledge Hill Press, Nashville, TN

VEGETABLES

## *Coming Home Cabbage and Apple Casserole*

**1 small head red cabbage  
1 small head green cabbage  
Salt and pepper to taste  
½ cup butter, divided  
3 cups diced apples  
½ cup firmly packed brown sugar**

**Juice of 1 lemon  
¼ teaspoon grated nutmeg  
1 cup minced green bell pepper  
Buttered bread crumbs**

Grind red and green cabbage separately. Season red cabbage with salt and pepper and place in a greased 9x13-inch or 3-quart casserole dish. Dot with half the butter. Layer apples on top of red cabbage. In a small bowl, combine sugar, lemon juice, and nutmeg, and sprinkle over apples. Mix green cabbage with green pepper, season with salt and pepper, and place over apples. Dot with butter. Cover with buttered bread crumbs. Bake at 350° about 25 minutes. Serves 8.

*Recipe submitted by Randall Franks of The Marksmen  
The Southern Gospel Music Cookbook*



*White Turnip Casserole*

3 pounds fresh white turnips  
 Bacon drippings  
 1/4 cup butter, melted  
 2 teaspoons sugar  
 1 teaspoon salt

1/4 teaspoon pepper  
 3 eggs, beaten  
 1 teaspoon vinegar  
 1 cup bread crumbs  
 Paprika

Peel and dice turnips. Cook in boiling salted water seasoned with bacon drippings until turnips are tender. Drain. Preheat oven to 375°. Combine butter, sugar, salt, pepper, eggs, and vinegar; stir into diced turnips. Blend in bread crumbs. Spoon into greased casserole. Sprinkle with paprika. Bake 40–45 minutes. Makes 8 servings.

**Jack Daniel's The Spirit of Tennessee Cookbook**

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*Turnip Soufflé*

1 tablespoon reduced-calorie  
 margarine  
 1 tablespoon all-purpose flour  
 1/2 cup low-fat milk  
 1/8 teaspoon salt

2 cups cooked mashed turnips  
 1/2 cup egg substitute, well  
 beaten  
 2 egg whites, stiffly beaten  
 Grated nutmeg

Assemble all ingredients and utensils. Preheat oven to 375°. Coat a 1 1/2-quart casserole dish with vegetable spray. In a large saucepan, melt margarine and blend in flour. Gradually add milk, then season with salt. Cook, stirring constantly, until thickened. Add turnips and cool slightly. Add egg substitute and fold in egg whites. Spoon mixture into prepared dish. Place dish in a larger pan of hot water. Bake at 375° for 30 minutes or until set. Sprinkle lightly with grated nutmeg. Yields 6 servings.

Nutritional Analysis: Cal 60; Fat 2g; Chol 0.2mg; Sod 158mg; Carbo 598g; Fiber 0.9g  
 Diabetic Exchange: 2 vegetables

**Miss Daisy's Healthy Southern Cooking**



## VEGETABLES

### *Cybill's Greens*

Star of TV and movies, Memphis' own Cybill Shepherd is one of the few performers immediately recognized by her first name. The University of Memphis honored her with the Distinguished Achievement Award for Creative and Performing Arts.

**4 bunches greens (any combination of turnip, collard, kale, or mustard)  
1-2 hot chile peppers  
4 tablespoons olive oil  
1 cup chopped sweet onion**

**6 cloves garlic, peeled and minced  
2-3 cups water  
1-2 teaspoons salt  
1/2 teaspoon black pepper**

Thoroughly wash greens. Rinse, soak, and rinse again. Pick over and remove any undesirable leaves; break into pieces and discard stems. Cut peppers in half lengthwise and remove seeds and stems.

In large stockpot, heat olive oil on medium. Add onion and minced garlic. Cook 1-2 minutes. Add chile peppers; stir and cook until onions are golden, but not brown. Add washed greens and water; cover and simmer approximately 1 hour or until cooked down and tender. Remove chile peppers. Add salt and pepper to taste.

*Recipe submitted by Cybill Shepherd*  
**Ballots to Shallots**

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A few famous people born in Tennessee: Davy Crockett, Cybill Shepherd, Dinah Shore, Dixie Carter, Dolly Parton, George Hamilton, Kathy Bates, Minnie Pearl, Morgan Freeman, Shannen Doherty, Tennessee Ernie Ford, Chet Atkins, Lester Flatt, Kenny Chesney, Aretha Franklin, Tina Turner, and Al Gore, Jr.

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## Mustard Greens and Potatoes

**1/8 pound salt pork  
6 cups cold water**

**4 cups mustard greens  
12 new potatoes**

Thinly slice salt pork and place in pan. Add cold water, cover, and simmer about 60 minutes. Meanwhile, wash and clean mustard greens. Wash and peel potatoes. Add stalks of mustard greens to steamed pork, and cook about 15 minutes. Then add potatoes and tops of mustard greens. Cook about 15 minutes more. Season with salt and pepper. Makes 6 servings.

**Fit for a King**

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## Mrs. John Hunt Morgan's Plantation Style Collard Greens

John Hunt Morgan became a scout in the Confederate army when the Civil War broke out.

**2 pounds chicken necks  
4 large bunches fresh collard greens**

**Salt and pepper to taste  
3 tablespoons bacon drippings**

Put chicken necks in a large soup kettle, and cover with water. Bring to a boil and let simmer 20 minutes. Remove chicken necks from pot, and set aside. Put well-washed collard greens in chicken broth. Salt and pepper to taste. Stir in bacon drippings. Let simmer until tender. Serve while piping hot.

**Civil War Period Cookery**



## VEGETABLES

### ***Stuffed Zucchini and Peppers*** ***(Bosnian)***

**4 small zucchini**

**4 small green, yellow, or red bell  
peppers**

**1½ pounds ground beef**

**3 tablespoons rice, rinsed**

**1 medium onion, chopped**

**1 large carrot, chopped**

**4 small tomatoes, chopped**

**Parsley, chopped**

**Salt and pepper to taste**

**1 teaspoon red paprika**

**1 teaspoon Vegeta (salt based  
dried vegetable seasoning)**

**1 tablespoon butter**

**1 tablespoon flour**

Peel zucchini. Cut into 2-inch pieces and scoop out the inner or core part (do not discard), making little bowls. Cut out stem and seeds from bell peppers. Combine ground beef, rice, onion, carrot, tomatoes, and parsley. Season mixture with salt, pepper, paprika, and Vegeta. Fill zucchini and peppers with this mixture. In deep pot, melt butter; add dash of Vegeta, paprika, and flour while stirring. Remove from heat and place zucchini and peppers into pot, stuffing side up. Add remaining zucchini parts into pot. Add warm water just covering the peppers and zucchini; cover and cook on medium-low heat for an hour.

Serve with mashed potatoes or rice. Sour cream can be served on top as well.

**Note:** This meal can also be cooked in a slow cooker, but the soup would not be as thick, and should then be served with fresh crusty bread or rice. In the slow cooker, cook at least 3 hours. The butter, flour, Vegeta, and paprika base does not need to be done.

***Recipes from Home***

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Tennesseans outnumbered all other states in volunteers for the Civil War, and are sometimes referred to as Butternuts, a nickname which was first applied to Tennessee soldiers during the war because of the tan color of their uniforms.

***Herb Butter Zucchini Fans***

**5** tablespoons butter or  
margarine, softened  
**2** tablespoons minced fresh  
parsley  
**½** teaspoon dried tarragon  
**½** teaspoon salt

**½** teaspoon black pepper  
**4** small zucchini  
**¼** cup water  
**2** tablespoons Parmesan cheese  
**1** tablespoon soft bread crumbs

Combine butter and next 4 ingredients; set aside. Cut lengthwise slices into each zucchini, leaving slices attached at stem end. Fan slices out and spread evenly with butter mixture. Place in a 10x15x1-inch jellyroll pan. Add water. Bake at 400° for 20 minutes or until crisp-tender.

Combine cheese and bread crumbs. Sprinkle over zucchini. Broil 4 inches from heat 2 minutes or until cheese melts. Yields 4 servings.

*Today's Herbal Kitchen*

***Microwave Squash with Basil***

**1** tablespoon julienned fresh  
basil leaves  
**2** teaspoons grated lemon rind  
**¼** teaspoon minced garlic  
Salt and freshly ground pepper  
to taste

**8** ounces zucchini, sliced **½** inch  
thick  
**8** ounces yellow squash, sliced **½**  
inch thick  
**1** tablespoon water

Mix basil, lemon rind, garlic, salt and pepper in small bowl; set aside. Combine zucchini, yellow squash, and water in 2- or 3-quart glass dish with glass lid. Microwave, covered, on HIGH 3 minutes. Shake dish to rearrange squash. Microwave for 1-2 minutes or until crisp-tender. Let stand, covered, 2 minutes. Add basil mixture; toss to mix well. Yields 4 servings.

Nutritional Analysis: Cal 18; Prot 1g; Carbo 4g; Fiber 2g; T Fat <1g; Chol 0mg; Sod 3mg  
Dietary Exchanges: Vegetable 1

*Answering the Call of Those in Need*

## VEGETABLES

### *Pumpkin Soufflé*

**2½ cups mashed cooked  
pumpkin  
½ cup milk, heated  
¼ cup (½ stick) butter,  
melted  
3 egg yolks, lightly beaten**

**2-3 tablespoons brown sugar  
½ teaspoon salt  
3 egg whites, stiffly beaten  
½ cup seedless raisins (or flaked  
coconut, or a combination)  
1 teaspoon grated lemon zest**

Preheat oven to 350°. Combine pumpkin, milk, butter, egg yolks, brown sugar, and salt in a mixer bowl. Beat until fluffy. Fold in egg whites, raisins, and lemon zest. Spoon into an ungreased 1½-quart baking dish. Bake 1 hour or until set and light brown. Yields 6-8 servings.

***Holidays at Home***

### *Eggplant Parmigiana*

**2 eggs, beaten  
1 teaspoon salt, divided  
½ teaspoon pepper  
1 cup grated Parmesan cheese,  
divided  
2 tablespoons parsley, divided**

**2 cups bread crumbs  
½ teaspoon garlic powder  
1 medium eggplant  
Olive oil  
4 cups marinara sauce  
1½ cups shredded mozzarella**

In a small bowl, beat eggs, ½ teaspoon salt, pepper, 1 tablespoon Parmesan cheese, and 1 tablespoon parsley. In another bowl, mix bread crumbs, remaining Parmesan cheese, garlic powder, and remaining salt and parsley.

Peel and cut eggplant into round, medium-thick slices. Dip first in egg mixture, then into bread crumbs. Fry in a large frying pan with olive oil. Drain on paper towels to absorb the oil, and set aside.

In a medium to large rectangular pan, line bottom with about a cup of marinara sauce. Arrange one layer of eggplant, then cover with more sauce; add a layer of mozzarella cheese, then sprinkle with Parmesan cheese. Continue to layer. Cook in 350° oven 25-30 minutes. Serve as a side dish with pasta.

***The Bridge from Brooklyn***

*Worldly Veggies*

2 tablespoons olive oil	1 teaspoon basil
1 large onion, cut in thin wedges	Pepper to taste
1 clove garlic, chopped	4 tablespoons hoisin sauce
1 cup julienne-cut celery	1 (15-ounce) can whole-kernel
8 green onions, cut into 1-inch pieces	corn, drained
1 cup diced red bell pepper	1 (15-ounce) can black beans, rinsed and drained
4 ounces mushrooms, sliced	Freshly grated Parmesan cheese (optional)
1 teaspoon paprika	

In skillet with olive oil, cook onion wedges, garlic, and celery until tender. Stir in green onions, red pepper, mushrooms, seasonings, and hoisin sauce. Cook slightly, then add corn and beans. Cook, stirring, until heated through. I enjoy a small amount of freshly grated Parmesan cheese sprinkled on top when served.

**Feed U S First**

*Fresh Peas and New Potatoes*

12 small new potatoes, cleaned but not peeled	1½ cups milk
3 cups fresh green peas	1½ teaspoons flour
1½ teaspoons salt, divided	2 tablespoons butter

Cook potatoes and peas in separate pans of salted water, just to cover, until soft and almost free of water. Mix peas and potatoes, then add milk. Bring to boiling point, then add flour and butter, which have been blended smooth, and cook until thickened.

**Dining with Pioneers Volume II**

## VEGETABLES

### Fat Rascals

5 medium baking potatoes,  
grated  
5 tablespoons shredded Cheddar  
cheese  
1/2 teaspoon salt

2 tablespoons all-purpose flour  
2 eggs, beaten  
Dash of cayenne pepper  
Vegetable oil

Combine all ingredients, except oil, in large mixing bowl; mix well. Drain liquid that may accumulate. Pour oil into large skillet to the depth of  $\frac{1}{2}$  inch. Heat oil to  $350^{\circ}$ . Drop potato mixture into hot oil  $\frac{1}{4}$  cup at a time; flatten slightly with a spatula, forming a circle. Cook 3 minutes on each side or until potatoes are brown. Add oil as necessary. Yields 8-10 servings.

*Dining with Pioneers Volume I*

### Potato Pancakes

4 cups peeled and shredded  
potatoes  
1 egg, beaten  
3 tablespoons flour

$\frac{1}{2}$  cup grated onion  
Salt and pepper to taste  
Cooking oil

Rinse and drain potatoes. Place in a large bowl. Add egg, flour, onion, salt and pepper; mix well. In a skillet, heat  $\frac{1}{2}$  inch oil over medium heat. Drop batter into hot oil  $\frac{1}{2}$  cup at a time. Use spatula to flatten to form a pancake. Fry on both sides until golden brown. Drain on paper towels. Serves 6-8.

*Toast to Love*

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 The only person in American history to serve both as an admiral in the navy and a general in the army was said to be Samuel Powhatan Carter who was born August 6, 1819, in Elizabethton.

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## Twice Baked Potatoes

6 Idaho baking potatoes, peeled	1 (8-ounce) carton sour cream
1 stick butter	1 package dry ranch dressing
4-6 small green onions with part of green tops	Pepper to taste
	1 cup grated Cheddar cheese

Slice potatoes and boil in salted water until tender. Drain water, and cream with butter. Add rest of ingredients, saving  $\frac{1}{4}$  of grated cheese for topping. If too stiff, add enough milk to be right consistency of creamed potatoes. Bake in greased casserole in 350° oven about 15 minutes, or till heated through. Put rest of cheese on top just before taking out of oven (add more cheese, if desired). Can be made a day ahead and refrigerated; bake a little longer.

*Treasures from Heaven Volume II*

## Old-Time Stewed Potatoes

6 medium potatoes, peeled and thickly sliced	2 tablespoons all-purpose flour
$\frac{1}{2}$ teaspoon salt	Cold water
4 cups water	$\frac{1}{4}$ cup butter

**Salt and pepper to taste**

In large saucepan, cook potatoes in salted water until tender. Remove pan from heat. In a cup, add enough cold water to flour to make a thin paste. Stir well to remove all lumps. In a thin stream, slowly stir paste into potato water. Return saucepan to heat, and simmer until slightly thickened. Add butter and adjust salt to taste. Freshly ground pepper may be used to garnish. Yields 6 servings.

**Miss Mary Bobo's Boarding House Cookbook**  
Used by permission of Rutledge Hill Press, Nashville, TN



## VEGETABLES

### Cajun Corn and Red Tatoes

Goes with anything.

**2 pounds red potatoes  
4 ears corn, dressed  
2 quarts water  
1 stick butter**

**1 tablespoon Cajun seasoning  
1 teaspoon basil  
1 teaspoon minced garlic**

Cut potatoes in half; cut each corn cob into 4 pieces. Put potatoes and corn in medium pot; pour in water, just covering them. Add butter and all spices, bring to boil, then turn down to medium heat. Cook 40-50 minutes or until potatoes are done. Drain water and add a little more butter, salt, and pepper; serve.

*Dixie Kickin's Country Cooking*

### Roasted Sweet Potatoes

Very tasty.

**2½ pounds sweet potatoes,  
peeled, cut into 1½-inch  
pieces (about 7 cups)  
6 tablespoons butter**

**3 tablespoons honey  
1 teaspoon fresh lemon juice  
Salt and pepper to taste**

Preheat oven to 350°. Arrange sweet potatoes in a 9x13-inch baking dish. Mix butter, honey, and lemon juice in a small saucepan. Cook over medium heat until butter melts, stirring frequently. Pour over sweet potatoes and toss to coat. Sprinkle with salt and pepper. Bake 50 minutes or until tender when pierced with a fork, stirring and turning occasionally. Serves 4.

*Peacock Pantry*



Three United States presidents were born in Tennessee: Andrew Jackson, 1829-37, James K. Polk, 1845-49, and Andrew Johnson, 1865-69.

## Sweet Potato Casserole

"This recipe makes me happy to be a southern gal!" says Lulu Roman.

3 cups mashed sweet potatoes	1/4 cup (1/2 stick) butter,
1 cup sugar	melted
1/2 teaspoon salt	1/2 teaspoon vanilla extract
2 eggs, beaten	

In a mixing bowl, combine sweet potatoes, sugar, salt, beaten eggs, butter, and vanilla. Transfer to a baking dish.

### TOPPING:

1/2 cup all-purpose flour	3 tablespoons melted butter
1 cup flaked coconut	

In a small bowl, combine flour, coconut, and melted butter, and sprinkle over potatoes. Bake at 350° for 35 minutes. Makes 6-8 servings.

*Kitchen Komforts*

## Sweet Potato Casserole with Streusel Topping

6 cups cooked sweet potatoes	2 eggs, slightly beaten
1/2 cup sugar	1/2 teaspoon vanilla
1/2 cup butter	1/2 cup milk

Combine all ingredients in mixer. Beat until smooth. Pour into buttered casserole.

### TOPPING:

3/4 cup brown sugar	1/3 cup butter, softened
1/3 cup flour	1/3 cup pecans

Mix all ingredients. Sprinkle over casserole. Bake at 350° for 25 minutes. Serves 12-16.

*Choice Recipes from Choices Restaurant*

## Almost Like Leonard's Onion Rings

Leonard Heuberger is generally credited with creating Memphis-style barbecue sandwiches at this tiny restaurant on South Bellevue Boulevard. Leonard's opened in 1922 and immediately began serving his trademark sandwich: barbecue pork, pulled and piled on a bun, sprinkled with a tomato-vinegar sauce, and crowned with coleslaw. Teenagers, among them Elvis Presley, flooded the place in the 50s, ordering pig sandwiches with another of Leonard's specialties, onion rings, on the side. Here's a way to create a similar version of his onion rings at home.

4 large onions	2 teaspoons salt
2 cups buttermilk	2 teaspoons sugar
3½ cups flour	4 cups milk
1 cup cornmeal	2 eggs, beaten
3 tablespoons onion powder	Cooking oil

Peel onions. Slice ½-inch thick and separate into rings. Use no ring smaller than a silver dollar, (if you can remember how big a silver dollar is). Soak overnight in buttermilk.

Combine flour, cornmeal, onion powder, salt, sugar, milk, and eggs, and mix well. Pour oil to a depth of 2 inches in a saucepan, and heat to 375°. Dip each onion ring in batter, then fry about 2 minutes or until golden brown. Drain and serve hot.

*Jack Daniel's Old Time Barbecue Cookbook*

## Sweet Caramelized Onions

1 tablespoon vegetable oil	¼ cup water
1 tablespoon brown sugar	⅛ teaspoon salt
4 cups sliced onions	

Heat oil in skillet over medium-high heat until hot. Add brown sugar and onions and mix well. Cook 10–15 minutes, or until onions are tender and golden brown, stirring constantly. Stir in water and salt. Cook until heated through. Spoon over grilled hamburgers or hot dogs. Yields 1½ cups.

*Good Humor Cookin'*



## VEGETABLES

### Green Bean & Corn Casserole

2 cups crushed Ritz-style crackers, divided	1 small onion, finely chopped
2 (14-ounce) cans French-style green beans, drained	1 (10 $\frac{3}{4}$ -ounce) can cream of celery soup
1 (14-ounce) can shoe peg corn (no substitute)	8 ounces sour cream
1 (8-ounce) can sliced water chestnuts	1 cup shredded Cheddar cheese
	1 stick butter, melted
	1 (2 $\frac{1}{4}$ -ounce) package slivered almonds (optional)

Layer  $\frac{1}{2}$  cup crackers, beans, corn, water chestnuts, and onion in a greased 9x13-inch pan. Combine soup, sour cream, cheese, and butter in a small bowl and pour over mixture in pan. Top with remaining  $1\frac{1}{2}$  cups crackers and chopped almonds, if desired. Bake in oven at 350° for 30-35 minutes.

*Smoke in the Mountains Cookbook*

### Tennessee Vegetable Fritters

2 cups thinly sliced okra	2 eggs, beaten
$\frac{3}{4}$ cup finely chopped green tomato	4 tablespoons milk or cream
$\frac{1}{2}$ cup thinly sliced green onions	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup cornmeal mix	1 teaspoon Tabasco (optional)
	Oil for frying

In a bowl, combine all ingredients, except oil, and mix well. In heavy skillet, heat  $\frac{1}{2}$  inch oil to 375°. Carefully drop batter in oil by tablespoon. Cook 2-3 minutes until edges start to brown, then turn and brown other side; drain on paper towels.

*Tennessee Cook Book*

## VEGETABLES

### ***Stewed Okra and Tomatoes***

4 cups fresh small okra (2½-inch size)	4 fresh tomatoes, or 1 (16-ounce) can stewed tomatoes
3 tablespoons bacon drippings (or butter)	½ teaspoon salt
1 large onion, chopped	Salt and pepper to taste

Wash okra (do not cut off the stem end so the okra will not cook up slick or gooey). Place in colander to drain. In large saucepan, heat bacon drippings, then sauté onion until translucent. Add okra, tomatoes, salt, and just enough water to cover, and simmer about 30 minutes. Adjust the taste with salt and pepper, and serve hot. Yields 6-8 servings.

***Miss Mary Bobo's Boarding House Cookbook***

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### ***Tomato Cheese Tart***

3 home-grown tomatoes, or 6 Roma tomatoes	¾ cup mayonnaise
2 tablespoons butter	1 cup grated Asiago cheese, divided
1 large onion, sliced	2 teaspoons fresh basil
2 (8-ounce) packages crescent rolls	2 teaspoons fresh oregano

Slice tomatoes, and drain on paper towels. Melt butter in skillet, and sauté onion until tender. Place dough on 12x15-inch baking pan or stoneware. Press seams together and form ridge around sides. Prick with a fork.

Combine mayonnaise and ¾ cup cheese, and spread evenly on dough. Place onion on evenly, and top with tomato slices. Sprinkle with basil, oregano, and remaining ¼ cup cheese. Bake in 350° oven about 20 minutes. May broil a couple of minutes to lightly brown. Cool about 5 minutes, then cut in 12 squares. Serves 6.

**Note:** Grated Parmesan may be used if Asiago is not available.

***A Lifetime Collection***

## Fried Green Tomatoes

**1 cup bread crumbs  
 1/2 tablespoon chopped thyme  
 1/2 tablespoon chopped parsley  
 1/2 tablespoon chopped oregano  
 2 cloves garlic, finely chopped  
 2 eggs**

**1 cup buttermilk  
 Salt and pepper to taste  
 3 green tomatoes, cut into 1/2-inch  
 slices  
 1 cup flour  
 1/2 cup butter**

Mix bread crumbs, thyme, parsley, oregano, and garlic in a small bowl, and set aside. Combine eggs, buttermilk, salt and pepper in a large bowl, and mix well. Add tomato slices. Let stand 15 minutes.

Dip tomatoes into flour, then into egg mixture again. Coat with bread crumbs. Brown on both sides in melted butter in a cast-iron skillet. Drain on paper towels. Serve with breakfast eggs. Serves 3-4.

*A Culinary Collection*

## Fried Green Tomatoes

**1 egg, beaten  
 1 cup buttermilk  
 1 cup self-rising flour  
 1/2 cup self-rising cornmeal**

**1/2 teaspoon salt  
 4-5 green tomatoes, sliced  
 1/4 inch thick  
 Oil for frying**

Mix egg and buttermilk together in a shallow dish. Combine flour, cornmeal, and salt in a separate dish. Dip sliced tomatoes in egg and milk mixture; drain excess milk, then coat in flour mixture. Fry in hot (375°) oil until brown, turning once.

*From Our Kitchen to Yours Volume II*



Watch out for those flying tomatoes at the Famous Tomato Wars, a highlight of the seed-splattered, annual Grainger County Tomato Festival in Rutledge which began in 1993.



## VEGETABLES

### Fried Tomatoes and Bacon

8 slices bacon

4 tomatoes, thickly sliced

1½ cups plus 2 tablespoons  
flour, divided

Salt and pepper to taste

Bacon grease

1 cup milk

Fry bacon; set aside. Coat tomato slices with 1½ cups seasoned flour, and fry in bacon grease. Remove tomatoes; pour off all except 2 tablespoons of drippings. Thicken remaining drippings with remaining 2 tablespoons flour, and stir in milk. Season to taste. Cook to consistency of cream sauce. Pour over fried tomatoes, and top with bacon.

*Smoky Mountain Magic*

### Tomatoes Rockefeller

2 (10-ounce) packages frozen  
chopped spinach

1 cup seasoned bread crumbs

3-6 green onions, minced

1 clove garlic, minced (optional)

2 eggs, slightly beaten

2 tablespoons melted butter or  
margarine

Salt to taste

¼ cup grated Parmesan cheese

½ teaspoon thyme

½ teaspoon black pepper

½ teaspoon Cavender's Greek  
Seasoning

2-3 drops Tabasco sauce (or to  
taste)

12 thick slices tomato

Cook spinach, and drain well. Combine spinach with remaining ingredients, except tomato slices. Arrange tomato slices on buttered baking sheet. Top each tomato slice with a mound of spinach mixture, and sprinkle with additional Parmesan cheese. Bake in 350° oven 15 minutes.

*Friends and Family: Recipes & Remembrances*

## Spinach Maria

**4½ cups milk**  
**1 teaspoon dry mustard**  
**1 teaspoon granulated garlic**  
**½ tablespoon crushed red pepper**  
**1½ pounds Velveeta cheese**  
**½ medium yellow onion, chopped**

**1 tablespoon butter**  
**5 tablespoons melted butter**  
**6 tablespoons flour**  
**5 (10-ounce) packages frozen chopped spinach, thawed**  
**1 cup shredded Monterey Jack cheese**

Heat milk with mustard, garlic, and red pepper in a saucepan to 190°, just below boiling point, stirring frequently. Reduce heat. Crumble Velveeta cheese into a glass bowl. Microwave until melted. Add to milk mixture, stirring until mixed.

Sauté onion in 1 tablespoon butter in a skillet. Add to cheese sauce. Combine melted butter and flour in small skillet; mix until blended. Cook over low heat 3-4 minutes to make a roux, stirring constantly. Add roux to cheese sauce. Cook over medium heat until cheese sauce thickens, stirring constantly. Remove from heat. Cool 15 minutes.

Squeeze excess water from thawed spinach. Add to cheese sauce; mix just until blended. Spoon into 2 greased 9x9-inch baking dishes. Sprinkle each with Monterey Jack cheese. Bake at 350° for 12-15 minutes or until brown. Yields 12 servings.

**Dining in the Smoky Mountain Mist**





## VEGETABLES

### *Deep-Dish Spinach Pizza*

**DOUGH:**

1 packet yeast	2½ cups all-purpose flour
½ teaspoon granulated sugar	1 egg, room temperature
1 cup warm water	

Dissolve yeast and sugar in warm water and allow to sit until foamy, approximately 5 minutes. In a large bowl, put in flour and add yeast mixture. Add egg. Mix, then knead by hand or with dough hook until Dough is slightly tacky to touch. Let Dough rise in warm place until double in size.

**SAUCE:**

1-2 cloves garlic	2 (28-ounce) cans chopped
1 medium onion, chopped	tomatoes
2 tablespoons olive oil	

Sauté garlic and onion in olive oil until soft. Add tomatoes and simmer until thick and juice is boiled off, approximately 30 minutes. Set aside. Pat Dough into a 12-inch circle, and place in oiled pizza pan.

2 (10-ounce) boxes frozen, chopped spinach, defrosted and squeezed dry	Oregano to taste
12 ounces mozzarella cheese	Romano (optional)
	Red pepper (optional)

Top Dough with spinach, mozzarella, then Sauce. Sprinkle with oregano. Bake at 425° for 20 minutes. Top with Romano and red pepper, if desired, before serving.

***Senior Leaders Cookbook***



## VEGETABLES

### Spinach Quiche

1 (8-ounce) package cream cheese, softened	1 (10-ounce) package chopped spinach, thawed and thoroughly drained
4 eggs	½ cup diced ham and/or chopped onion (optional)
1 (12-ounce) can evaporated milk	1 frozen deep-dish pie crust
¼–½ teaspoon ground red pepper	Salt and pepper to taste

In medium bowl, beat cream cheese with electric mixer until creamy. Beat in eggs, evaporated milk, and red pepper. Stir in spinach and ham or onion, if desired. Pour into frozen pie crust. Salt and pepper to taste. Bake in preheated 350° oven on preheated baking sheet 50–60 minutes, until a knife inserted in center comes out clean. Makes 6–8 servings.

*Sharing Our Best-East Ridge*

### Calico Bean Pot

½ pound bacon	1 (16-ounce) can pork and beans
1½ pounds ground beef	1 (16-ounce) can kidney beans
½ cup brown sugar	1 (16-ounce) can lima beans
1 tablespoon white vinegar	½ cup ketchup
½ teaspoon salt	1 tablespoon prepared mustard
½ cup chopped onion	

Cook bacon crisp, drain, and crumble when cool. Brown ground beef, then drain. Mix all ingredients; bake in 3-quart baking dish, uncovered, for 1½ hours at 350°.

*Tastes from the Country*

## SIDE DISHES

### **Pot O' Gold Macaroni and Cheese**

*This dish is so rich and creamy, I save it for special occasions (like Thursdays, Tuesdays, dinner time, etc.)!*

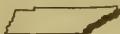
1 tablespoon vegetable oil	1/2 cup shredded Monterey Jack
1 pound elbow macaroni	2 cups half-and-half
8 tablespoons (1 stick) plus 1 tablespoon butter, divided	1 cup small cubes Velveeta
1/2 cup shredded Muenster cheese	2 large eggs, lightly beaten
1/2 cup shredded mild Cheddar cheese	1/4 teaspoon seasoned salt
1/2 cup shredded sharp Cheddar cheese	1/8 teaspoon freshly ground black pepper

Preheat oven to 350°. Lightly butter a deep 2 1/2-quart casserole. Bring a large pot of salted water to a boil over high heat. Add oil, then elbow macaroni, and cook until just tender, about 7 minutes. Drain.

In a small saucepan, melt 8 tablespoons butter. Stir into macaroni. In large bowl, mix Muenster, mild and sharp Cheddar, and Monterey Jack cheeses. To the macaroni, add half-and-half, 1 1/2 cups of shredded cheeses, cubed Velveeta, and eggs. Season with salt and pepper. Transfer to buttered casserole. Sprinkle with remaining 1/2 cup shredded cheeses and dot with remaining tablespoon butter. Bake until it's bubbling around edges, about 35 minutes. Makes 8 servings.

***Kitchen Komforts***

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 Did you know that Tennessee was once part of North Carolina? Because it was very distant from the government of North Carolina and on the other side of the Smoky Mountains, North Carolina agreed to give its western land to the Federal Government. The Federal Government soon made Tennessee a territory, and in 1796, it became the 16th state.

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## Macaroni Casserole

1 small onion, chopped	1 (15-ounce) can tomato purée
1 pound ground beef	1/4 stick butter
1 (10 3/4-ounce) can vegetable soup	2 cups macaroni, cooked
1 (10 3/4-ounce) can cream of mushroom soup	1/4 pound Cheddar cheese, grated

Brown onion with ground beef. Cook until done, then mix all other ingredients, except cheese, with ground beef; mix well. Pour into greased casserole dish. Spread cheese on top. Bake at 325° until cheese melts. Serves 8-10.

*A Taste of Historic Lynchburg*

## Nutted Rice

2 (6-ounce) packages long-grain and wild rice mix	1/4 cup chopped fresh mint
Chicken stock	1/4 cup olive oil
1 cup coarsely chopped pecan halves	4 scallions, thinly sliced
1 cup golden raisins	1 1/2 teaspoons salt
2/3 cup fresh orange juice	Grated zest of 1 large orange
	Freshly ground pepper to taste

Prepare rice according to package directions substituting chicken stock for water. Do not overcook rice.

Remove rice to a bowl. Add pecans, raisins, orange juice, mint, olive oil, scallions, salt, orange zest, and pepper, and toss gently. Taste, and adjust seasonings, if necessary. Chill, covered, for 2 hours. Serve at room temperature. Yields 8 servings.

*Open House: A Culinary Tour*



## Meats



PHOTO © LEE FOSTER

The National Civil Rights Museum in Memphis at the Lorraine Motel, where civil rights leader Dr. Martin Luther King, Jr. was slain on April 4, 1968, preserves the motel and tells the history of the American Civil Rights Movement.

## Slow Roasted Prime Rib

<b>1 (12- to 13-pound) standing rib roast</b>	<b>Freshly ground black pepper</b>
	<b>2 tablespoons granulated onion powder</b>
<b>2 cloves garlic, minced</b>	

Rub roast with garlic, black pepper, and onion powder. Place on wire rack with drip pan in preheated 225° oven. Slow roast for about 2 hours. Check with a meat thermometer for an internal temperature of 125°, a nice medium-rare. Continue to cook if needed, to 135° internal temperature for medium.

Let roast rest for at least 20 minutes. It may be kept in a 135° warm oven for several hours. Do not keep in a hotter oven, because the rib will continue to cook. Slice meat with serrated knife at 9-12 ounces per slice just before serving. In the bottom of the drip pan, add 1/3 cup water to the au jus and stir over heat. You may add the sliced prime rib in au jus for 1-2 minutes to raise degree of meat from medium to well done. Whole rib serves 12-16.

### TRADITIONAL HORSERADISH SAUCE:

<b>1 cup sour cream</b>	<b>1/2 tablespoon white pepper</b>
<b>1 tablespoon hot sauce</b>	<b>1/2 tablespoon salt</b>
<b>1/4 cup straight horseradish sauce</b>	

Combine and serve along side of prime rib. Serves 4-8.

*Recipe from The Peerless Restaurant, Johnson City  
Fine Dining Tennessee Style*

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 Built for the 1982 World's Fair in Knoxville, the Sunsphere is a 266-foot-tall steel tower, and is Knoxville's most recognizable landmark. The theme for the 1982 World's Fair was "Energy Turns the World." Attendance was recorded at 11,127,786 visitors.

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## MEATS

### Beef Tarragon

$\frac{1}{2}$ cup flour	1 cup beef broth
1½ teaspoons tarragon, divided	1 tablespoon sugar
1½ pounds beef tenderloin	1 bunch green onions, chopped
1 teaspoon garlic powder	5 ounces mushrooms
$\frac{1}{2}$ cup red wine vinegar	

Mix flour with 1 teaspoon tarragon; coat meat. In a Pam-sprayed nonstick skillet, cook meat just until browned. Spray skillet before turning meat. Add garlic, vinegar, beef broth, and sugar; cover and simmer for 1 hour and 15 minutes or until meat is tender. Check occasionally to see if more broth is needed. Sauté onions and mushrooms in another Pam-sprayed nonstick skillet. Add to meat mixture. Simmer an additional 10 minutes. Serve with noodles or rice.

*Fite for Your Life II*

### Beef Tournedos with Gorgonzola and Cranberry-Port Sauce

#### CRANBERRY-PORT SAUCE:

3 tablespoons butter	1 cup canned beef broth
3 large cloves garlic, sliced	1 cup ruby port
1 large shallot, sliced	$\frac{1}{4}$ cup dried cranberries

Melt butter in a saucepan over medium-high heat. Add remaining ingredients. Boil 8 minutes or until reduced to  $\frac{1}{2}$  cup. Set aside.

3 tablespoons butter	$\frac{1}{2}$ teaspoon minced fresh rosemary
4 (5- to 6-ounce, 1-inch-thick) tenderloin steaks	$\frac{1}{4}$ cup canned beef broth
Salt and pepper to taste	$\frac{1}{2}$ cup crumbled Gorgonzola cheese
	Fresh rosemary sprigs for garnish

Melt butter in a large skillet over medium-high heat. Season beef with salt and pepper. Cook beef in butter to preferred doneness, about 5 minutes per side for medium-rare. Remove from skillet and cover loosely with foil. Add sauce, rosemary, and broth to skillet. Boil 1 minute, scraping up any brown bits. Spoon sauce over beef. Sprinkle with cheese and garnish with rosemary. Yields 4 servings.

**Key Ingredients**

## Marinated Chuck Roast

*This is as good as a charcoaled sirloin!*

1 (3- to 5-pound) chuck roast	½ cup soy sauce
Tenderizer	1 tablespoon Worcestershire
1 tablespoon sesame seeds	1 tablespoon vinegar
1 teaspoon butter	1 large onion, chopped
½ cup strong coffee	

Sprinkle meat with tenderizer. Brown sesame seeds in butter, add remaining ingredients, and pour over roast. Let stand, turning every few hours, at room temperature all day (or even overnight).

Charcoal broil until medium rare, which usually takes about 45 minutes. Test with meat thermometer.

*Recipes from Home*

## Marinated Bourbon Steak

½ cup bourbon	½ teaspoon cracked black
2 tablespoons lemon juice	pepper
2 teaspoons brown sugar	2 (1-inch) top loin strip steaks

Combine first 4 ingredients in a shallow dish. Add steaks and turn to coat. Cover and refrigerate 4 hours, turning occasionally. Remove steaks and discard marinade. Cook, covered, for 8 minutes on each side.

*Senior Leaders Cookbook*

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 Developed in Knoxville in the early 1940s, and originally intended as a personal mixer for hard-liquor, the first formula for Mountain Dew, which was jokingly named after Tennessee Mountain Moonshine, was tinkered with many times over the years before being purchased by Pepsi in 1965.

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*Rouladen*

Dijon mustard

1 pound thin-sliced round steak,  
cut into roughly 3x4-inch  
pieces

2 slices bacon, cut into 1-inch  
pieces

1 small onion, sliced or diced

1 dill pickle, sliced thin and cut  
into 1-inch pieces

2 cups beef broth, divided

2 tablespoons flour

Salt to taste

Spread mustard on round steak pieces. Place a piece of bacon, onion, and dill pickle on each piece of round steak. Roll up and secure with toothpicks. In a Dutch oven, brown meat on all sides. Add 1 cup broth to meat. Put in 325° oven, covered, for about 1 hour or until meat is tender. Add 2 tablespoons flour to remaining broth and whisk until smooth. Bring meat to burner. Remove the roulades from Dutch oven to heated dish. Add flour mixture to Dutch oven and stir to make gravy. Add salt to taste. Great with spaetzle.

*Ballots to Shallots**Oven-Barbecued Beef*

3 pounds round steak, cut into  
10 pieces

2 tablespoons oil

1/2 cup chopped onion

3/4 cup ketchup

1/2 cup vinegar

1 tablespoon brown sugar

1 tablespoon mustard

1 tablespoon Worcestershire

1/2 teaspoon salt

1/8 teaspoon pepper

Brown steak in oil in skillet on both sides. Arrange steak in baking pan. Sauté onion in pan drippings until brown. Blend in remaining ingredients; simmer 5 minutes. Pour over steaks. Bake, covered, at 350° for 2 hours or until fork-tender. Yields 6 servings.

Nutritional Analysis: Cal 543; Prot 46.9g; T Fat 32.7g; Chol 154.2mg; Carbo 13.8g; Sod 751.6mg; Pot 930mg

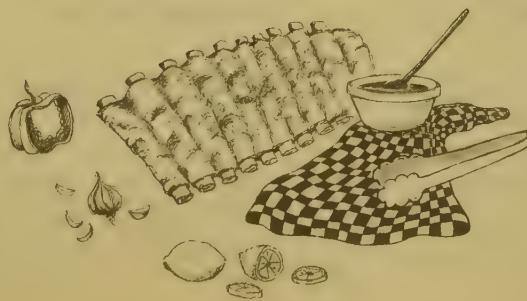
*Good Cooking!*

*Miss Daisy's Beef Casserole*

2 pounds lean ground beef	1 cup cubed American processed cheese
1 cup diced celery	1/2 cup chopped green olives
1/4 cup diced green pepper	1/2 cup chopped black olives
3/4 cup chopped onion	1/2 teaspoon salt
1 (29-ounce) can tomatoes	1/4 teaspoon pepper
1 (16-ounce) can tomatoes	1 (6-ounce) package egg noodles, uncooked
1 (8-ounce) can mushroom pieces, drained	2 cups shredded Cheddar cheese
1 (8-ounce) can water chestnuts, drained and sliced	

Preheat oven to 350°. In a large saucepan, brown the beef. Pour off any accumulated grease. Add celery, green pepper, and onion, and sauté. Add tomatoes and their juice. Add mushrooms, water chestnuts, American cheese, green olives, black olives, salt, pepper, and noodles. Simmer for 20 minutes. Pour into a 9x13-inch casserole dish. Spread Cheddar cheese on top. Bake 30 minutes. Yields 12-15 servings.

*Recipes from Miss Daisy's*



MEATS

## Little Cheddar Meat Loaves

1 egg  
3/4 cup milk  
1 cup (4 ounces) shredded Cheddar cheese  
1/2 cup quick-cooking oats  
1/2 cup chopped onion

1 teaspoon salt  
1 pound ground beef  
2/3 cup ketchup  
1/2 cup packed brown sugar  
1 1/2 teaspoons prepared mustard

In mixing bowl, beat egg and milk. Stir in cheese, oats, onion, and salt. Add beef and mix well. Shape into 8 oval loaves; place in greased 9x13-inch baking dish. Combine ketchup, brown sugar, and mustard; spoon over loaves. Bake, uncovered, at 350° for 45 minutes or until meat is no longer pink and meat thermometer reads 160°. Serves 8.

*Sharing Our Best—Franklin*

## Three Generation Meat Loaf

1 1/2 pounds ground chuck  
1/2 cup crushed Zesta crackers  
1 small onion, diced  
2-3 eggs, beaten  
Pepper to taste

1 cup ketchup, divided  
6 potatoes, peeled and sliced into wedges  
Seasoned salt and pepper

Preheat oven to 350°. Lightly spray sides of a 9x13-inch casserole dish. Combine in a bowl the ground chuck, cracker crumbs, onion, eggs, pepper, and 1/2 the ketchup. Form mixture into a loaf; put in center of casserole dish. Add remaining ketchup on top of meat, spreading it along sides. Add wedged potatoes to each side of meat loaf. Sprinkle seasoned salt and pepper over meat loaf and potatoes. Cover and bake 1-1 1/2 hours.

**Variation:** Can add chopped green pepper to meat loaf mixture or add on top of meat loaf and potatoes.

*Toast to Love*



## MEATS

### *Porcupine Meat Balls*

2 pounds ground beef

1/2 cup chopped onion

1/2 teaspoon salt

1/4 teaspoon pepper

1 cup uncooked rice (quick cook)

1 (8-ounce) can tomato sauce

1/2 cup ketchup

Cooked angel hair pasta

Mix ground beef, onion, salt, pepper, and rice into  $1\frac{1}{2}$  x 2-inch balls. Brown in greased skillet until done. Add tomato sauce and ketchup, and simmer until done, rolling occasionally. Serve with angel hair pasta.

### *Burnt Offerings*

### *Daddy's Meat Balls*

1/2 cup raisins

1 large garlic pod

3 pounds ground beef

1/2 pound pork

3 heaping tablespoons parsley

2 eggs

1/2 cup milk

1 cup Italian bread crumbs

1 1/2 tablespoons salt

1/2 tablespoon pepper

1/4 teaspoon allspice

1/2 cup Parmesan cheese

1 bell pepper, chopped fine

Chopped together raisins and garlic. In large bowl, combine all ingredients and mix well. Form into balls and place on cookie sheet. Brown in oven at  $325^{\circ}$  for 10-20 minutes. Remove from oven and place meatballs on wire rack to cool. When cool, you may freeze on rack, and when frozen, place in freezer bags. Take out as needed. Yields 30-36 meatballs.

### *Candy's Favorite Recipes*

## The Grierson Family's Upside Down Beef Pie

Benjamin Henry Grierson lead a group of 1700 cavalry men known as Grierson's brigade in 1863. He was later promoted to the rank of major general.

**1½ cups flour**

**3 teaspoons baking powder**

**1 teaspoon salt, divided**

**1 teaspoon paprika**

**1 teaspoon celery salt**

**¼ teaspoon white pepper**

**5 tablespoons shortening,**

**divided**

**¾ cup milk**

**¼ cup sliced onion**

**1 cup crushed tomatoes**

**¾ pound ground beef**

Stir together in a wooden mixing bowl the flour, baking powder, ½ teaspoon salt, paprika, celery salt, and white pepper. Chop in with a fork 3 tablespoons shortening until it is mixed thoroughly. Add milk and stir until well blended.

Melt remaining 2 tablespoons shortening in 9-inch cast-iron skillet. Put in onions and fry until soft. Add crushed tomatoes, remaining salt, and ground beef. Bring to boil. Take skillet off stove. Spread mixture from mixing bowl on top of meat mixture in skillet. Put skillet in oven and bake at 475° about 20 minutes. Turn out of skillet upside down on large plate or platter. Serves 8 people.

**Civil War Period Cookery**

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Partly located in eastern Tennessee, Cumberland Gap National Historical Park is the largest historical park in the United States. The Cumberland Gap, which was carved by wind and rain through the formidable Appalachian Mountain chains, was the first doorway to the West. During the 1700s, more than 200,000 men, women, and children passed through Cumberland Gap in search of a better life in the unknown western frontier.

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## Thunder Road Burger

**1 (8-ounce) burger patty**  
**Hamburger bun**  
**Margarine**  
**Scoop pimiento cheese**  
**1 (3/8-inch) slice tomato**

**3/4 cup shredded lettuce**  
**1/3 cup sautéed onion**  
**1 jalapeño, chopped (optional)**  
**7 ounces French fries**

Grill burger to requested temperature. Baste bun with margarine, then toast. When burger is done, top with a scoop of pimiento cheese, and melt in the steamer. Assemble bun with tomato, lettuce, and sautéed onion. Dress with jalapeño, if desired. Serve with French fries.

*Recipe from Nascar Café, Sevierville  
Fine Dining Tennessee Style*

## Hamburger Steaks with Mushrooms in Brown Gravy

**2 pounds lean ground beef**  
**2 eggs**  
**1/2 teaspoon salt**

**1/2 onion, chopped**  
**1/2 cup bread crumbs**  
**1 tablespoon Worcestershire**

Mix all ingredients. Form into 4 steaks. Bake or fry until done. Save drippings. Remove steaks to a sprayed baking dish.

### GRAVY:

**1 (4-ounce) can sliced  
mushrooms**  
**2 cups water**

**3 tablespoons cornstarch mixed  
with 2 tablespoons warm water**

Place reserved drippings on stove in a pot. Add mushrooms and water. When liquid boils, add cornstarch mixture, stirring until completely incorporated. Remove from heat and pour over steaks in baking dish. Bake at 350° for 10 minutes. Serve with mashed potatoes or rice.

**Burnt Offerings II**



## MEATS

### *Red Flannel Hash*

**2 cups chopped cooked beef      1 medium onion, finely chopped  
1½ cups chopped cooked beets      Salt and pepper to taste  
4 cups chopped cooked potatoes**

Combine beef, beets, potatoes, onion, salt and pepper in bowl; mix well. Spoon into greased skillet. Cook until brown crust forms on bottom, loosening around edge and shaking skillet to prevent over-browning. Yields 6 servings.

Nutritional Analysis: Cal 208; Prot 14g; Carbo 29g; Fiber 3g; T Fat 4g; Chol 34mg; Sod 193mg. Dietary Exchanges: Vegetable 1; Bread/Starch 1½; Meat 1½

*Answering the Call of Those in Need*

### *Fancy Pants*

**2 pounds hamburger meat      1 (5-ounce) can tomato sauce  
4 slices American cheese**

Shape hamburger meat into 8 patties. Put each cheese square between 2 hamburger patties. Press edges firmly together so cheese won't melt through. Brown hamburger on both sides in skillet; reduce to simmer. Add tomato sauce. Cover with lid and cook ½ hour or until done.

**Variation:** Add diced onions with hamburger meat.

*The Complete "I Can't Cook Cookbook"*

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During the winter months, Reelfoot Lake is home to some 200 American Bald Eagles, the largest population of American Bald Eagles in the eastern United States. In addition, it is the reputed Turtle Capital of the World, and features thousands of sliders, stinkpots, mud and map turtles. The Reelfoot National Wildlife Refuge and State Park lands cover approximately 25,000 acres, 15,000 of which are water and wetlands.

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## MEATS

### *Beef and Fowl Stir-Fry*

2 cups rice  
6 tablespoons olive oil  
½ pound lean beef, sliced thin  
½ pound chicken, sliced thin  
1 onion, quartered and sliced thin  
1 bell pepper, sliced thin  
2 stalks celery, sliced thin

½ cup thinly sliced carrots  
1 (14.5-ounce) can bean sprouts  
1 (8-ounce) can water chestnuts  
2 teaspoons Worcestershire  
1 teaspoon salt  
2 tablespoons soy sauce  
1 cup chow mein noodles

Cook rice; set to the side. Place oil in wok or deep skillet and brown meat, turning occasionally. When done, add onion, pepper, celery, carrots, bean sprouts, water chestnuts, salt, and soy sauce. Stir occasionally. Heat thoroughly and serve over waiting rice with chow mein noodles on top.

*Burnt Offerings II*

### *Chili Mac*

1 pound ground beef  
1 medium onion, chopped  
1 medium bell pepper, chopped  
1 (15-ounce) can crushed tomatoes

1 (8-ounce) can tomato sauce  
Salt and pepper to taste  
1 teaspoon chili powder  
1 package chili seasoning  
2 cups cooked elbow macaroni

Brown beef, onion, and pepper; drain. Add tomatoes, tomato sauce, salt and pepper to taste. Add chili powder and chili seasoning. Simmer for 30 minutes on medium heat. Stir in macaroni. Heat thoroughly. Serve with French bread and cole slaw.

*Burnt Offerings II*

MEATS

## Veal Cutlets

1 egg, beaten	2 tablespoons milk
$\frac{1}{4}$ cup chopped fresh parsley or basil, divided	2 cups bread crumbs
Salt and pepper to taste	1 teaspoon garlic salt
$\frac{1}{4}$ cup grated cheese, divided	1 pound veal cutlets
	1 cup olive oil

In a small mixing bowl, beat egg, half the parsley or basil, dash of salt and pepper, half the cheese, and milk. In another bowl, add bread crumbs, remaining parsley, remaining cheese, garlic salt, and another dash of salt and pepper. Mix well. Dip veal cutlets in egg mixture then in bread crumb mixture. Fry in large frying pan with heated olive oil. Cook 7-10 minutes; remove and drain on paper towels.

*The Bridge from Brooklyn*

## Kristalea's and Tammy's Crockpot Lasagna

1½ pounds ground chuck	1 (8-ounce) container ricotta cheese
1 (26-ounce) jar spaghetti sauce	Shredded Cheddar and mozzarella cheese
½ box lasagna noodles, cooked	

Brown and drain ground chuck in skillet. Add spaghetti sauce. Oil bottom of crockpot. Layer half the noodles. Pour half meat-spaghetti sauce over noodles. Spread ricotta cheese over meat mixture. Layer again with remaining noodles and sauce, then shredded cheeses. Cook on Low 6-8 hours.

*Treasures from Heaven Volume II*

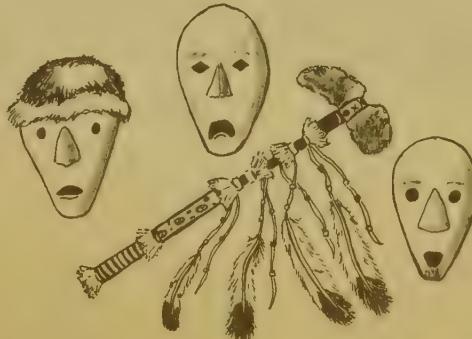
## Pork Fricassee

3½ pounds boneless pork loin, cut into 2-inch pieces	1 pound mushrooms, sliced
1 large onion, chopped	4 tablespoons butter
2 stalks celery, chopped	¼ cup flour
1 bay leaf	1 cup heavy cream
4 cups chicken broth	1 tablespoon lemon juice
4 cups water	Salt and pepper to taste
8 large carrots, cut diagonally into 1-inch pieces	2 cups dry rice, cooked
	½ cup minced fresh parsley

Brown pork in batches in a large Dutch oven. Transfer pork to large bowl. Pour off fat from pot and return pork to pot. Add onion, celery, bay leaf, broth, and water. Simmer 1 hour and 30 minutes or until pork is tender. Add carrots and simmer 15 minutes. Remove pork and carrots from pot with tongs. Strain liquid from pot and return strained liquid to pot. Bring to a boil and cook until reduced to about 3 cups.

In a large skillet, sauté mushrooms in butter. Cook over medium heat until most of the liquid evaporates. Sprinkle mushrooms with flour and sauté about 3 minutes, scraping up brown bits. Stir in cream until combined. Add mushroom mixture to liquid in pot. Simmer and stir until thickened. Stir lemon juice, pork, and carrots into pot. Season with salt and pepper. Serve over rice with parsley sprinkled on top. Yields 8-12 servings.

### Key Ingredients



MEATS

## *Pecan-Crusted Pork Loin with Sesame Ginger Aioli*

**PORK:**

2 cups bread crumbs	Salt and pepper to taste
1 cup chopped pecans	2 cups flour
8 (3- to 4-ounce) pieces pork loin	3 eggs, beaten
	Vegetable oil for browning

Mix bread crumbs and pecans in a shallow dish. Trim pork, discarding fat and silver skin. Pound lightly. Season with salt and pepper. Coat with flour. Dip in eggs. Place in the pecan mixture, pressing lightly to coat well. Brown on all sides in oil in a skillet over medium-hot heat. Remove to a roasting pan. Roast at 350° until cooked through. Serve topped with Sesame Ginger Aioli. Garnish with tomato concassé, if desired. Serves 4.

**SESAME GINGER AIOLI:**

1 cup mayonnaise	1 tablespoon Dijon mustard
2 tablespoons sesame oil	1/4 cup roasted garlic purée
1 tablespoon rice wine vinegar	2 tablespoons minced fresh
2 tablespoons soy sauce	ginger

Combine mayonnaise, oil, vinegar, soy sauce, mustard, garlic, and ginger in a bowl and mix well. Adjust flavors to suit your taste.

*A Culinary Collection*



The Cherokee Indians were Tennessee's original citizens. Much of the Cherokee land eventually became the state of Tennessee.



## MEATS

### *Cognac Mustard Pork Tenderloin*

**1 (3- to 4-pound) pork loin**

**MARINADE:**

**1/4 cup orange juice  
1/4 cup white wine  
1 tablespoon spicy brown mustard  
2 teaspoons minced garlic  
2 tablespoons lemon juice**

**2 tablespoons cognac or brandy  
1 teaspoon lemon pepper  
1 teaspoon ground black pepper  
1 teaspoon garlic salt  
1 teaspoon minced ginger**

Place pork loin in pan. Mix Marinade ingredients well and pour over loin. Marinate for one hour. Put on grill, not directly over fire. Cook slowly till tender. Baste with marinade after turning (2 or 3 times) until done. Slice and serve.

*Dixie Kickin's Country Cooking*

### *Pork Steak - Vegetable Bake*

**4 medium potatoes, peeled and cut into 1/4-inch slices  
4 carrots, peeled and sliced  
4 pork steaks**

**1/2 cup water  
1/2 envelope dry onion soup mix  
2 tablespoons soy sauce**

Place potatoes and carrots in bottom of a 9x13-inch (or larger) baking dish. Brown steaks well on both sides. In small saucepan, combine water, onion soup mix, and soy sauce; bring to a boil. Spoon half of the soup mixture over the potatoes and carrots; top with steaks. Spoon remaining soup mixture over meat. Cover; bake at 350° for 1 hour. Uncover and bake 10 additional minutes. Serves 4.

*Sharing Our Best-Franklin*



## MEATS

### Pork and Potato Scallop

6 pork cubed steaks (2- to 2½-pounds)	2 tablespoons chopped onion
Oil or drippings for frying	1 tablespoon diced pimiento
5 cups thinly sliced potatoes	1½ teaspoons salt
1 cup milk	¼ teaspoon pepper
1 (10¾-ounce) can cream of mushroom soup	

Brown steaks on both sides in oil or drippings. Place half the sliced potatoes in a 2½-quart casserole and top with 3 pork cubed steaks. Place remaining potatoes on cubed steaks and top with remaining steaks. In a bowl, stir milk into soup. Add onion, pimiento, salt, and pepper. Pour over steaks and potatoes. Cover and bake in 350° oven 1 hour and 15 minutes.

*Nothing Says Loving Like Something from the Kitchen*

### Chicken Lickin' Good Pork Chops

6-8 pork chops	1 (10¾-ounce) can chicken and rice soup
Seasoned flour	
2 tablespoons oil	

Dredge pork chops in seasoned flour. Brown in hot oil in large skillet. Place browned pork chops in roaster or Dutch oven. Add soup, cover, and bake at 375° for 1 hour or until done.

*The Complete "I Can't Cook Cookbook"*

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The Fentress County Chamber of Commerce in Jamestown is the official headquarters for the World's Largest & Longest Yard Sale. Begun in 1987, it has since grown to an amazing 450 miles long, and now includes Tennessee, Kentucky, Georgia, and Alabama. This annual four-day sale starts the first Thursday in August.

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## Pork Chop Casserole

6 center-cut pork chops	1 large bell pepper, sliced
2 cups cooked rice	1 (16-ounce) can tomato juice
1 (15-ounce) can stewed tomatoes	1 teaspoon salt
1 large onion, sliced	2 teaspoons soy sauce

Brown chops in skillet and add cooked rice over chops. Pour stewed tomatoes over rice. Stack onions on tomatoes, then bell pepper on onions. Add juice, salt, and soy sauce. Cover and simmer until onions are done.

### Burnt Offerings

## Dijon Pork Chops

Dijon mustard has a flavor that sets it apart from other spices. Adding Dijon to a few simple ingredients makes a fantastic pork chop, but don't stop there. You can also apply this to tenderloins, roasts, and more.

3 tablespoons Dijon-style mustard	1/4 teaspoon thyme
2 tablespoons Italian dressing	Dash of cumin powder
1/4 teaspoon pepper	4 pork loin chops, cut 1/2-inch thick
	1 medium onion, halved and sliced

In a bowl, combine mustard, Italian dressing, pepper, thyme, and cumin; chill. Brown pork chops on both sides in a skillet. Add onion to skillet. Cook and stir over medium heat 3 minutes. Place chops and onion on a medium-high heat grill with wood chunks of your choice. Spread mustard mixture over chops and onion, and cook until juices run clear.

### Smoke in the Mountains Cookbook

**Editor's Extra:** There are three kinds of ribs—loin ribs, (when cut from a hog, they are called baby back ribs), back ribs (also called country-style ribs), and spareribs (also called long ribs)—and all are perfect for barbecuing.



## MEATS

### *BBQ Baby Backs*

#### **SEASONING:**

$\frac{1}{2}$ cup paprika	$\frac{1}{8}$ cup salt
$\frac{1}{4}$ cup dry mustard	$\frac{1}{8}$ cup garlic powder
$\frac{1}{4}$ cup brown sugar	$\frac{1}{8}$ cup garlic pepper
$\frac{1}{8}$ cup chili powder	$\frac{1}{8}$ cup lemon pepper
$\frac{1}{8}$ cup cayenne pepper	$\frac{1}{8}$ cup ginger

Mix all ingredients well and put into shaker.

**White vinegar**

**2-4 slabs baby back ribs**

**Soy sauce**

**Barbecue sauce (optional)**

**Jack Daniel's Whiskey**

Rub a little vinegar, soy sauce, and whiskey into the ribs. Then sprinkle with Seasoning and rub in real good; let sit for 15-20 minutes. Put on grill; cook on low heat (keep turning) for 2-3 hours. Baste with barbecue sauce, if desired.

***Dixie Kickin's Country Cooking***

### *Poppy Brown's Loin Back Ribs*

#### **DRY RUB MIX:**

**3 tablespoons paprika**

**1 tablespoon red pepper**

**1 tablespoon onion powder**

**$\frac{1}{2}$  tablespoon black pepper**

**1 tablespoon garlic powder**

**2 slabs baby back ribs**

**1 tablespoon ground basil**

**Warmed honey**

**$1\frac{1}{2}$  tablespoons mustard powder**

Combine dry rub ingredients and rub into ribs. Cook ribs over hickory coals at 190°-200° for 4-5 hours. Fifteen minutes before serving, coat ribs with heated honey.

***Jack Daniel's Old Time Barbecue Cookbook***

## Front Porch Barbecue Glaze

Growing up with my family, we spent many hours together on the front porch. Now that I'm grown and have a family of my own, we seem to gravitate to the deck in the backyard. That's where the grill is! Here is one of our favorite glazes for ribs or chicken prepared on the grill. Give it a try and discover neighbors you never knew you had!

1 cup apricot preserves	1/2 teaspoon grated gingerroot, or
2 tablespoons lime juice	1/4 teaspoon ground ginger
1 tablespoon soy sauce	1/8 teaspoon ground red pepper

In a 1-quart saucepan, combine all ingredients, heat, and stir till it bubbles. It's ready now, or you can cover it and chill it for up to 5 days. Makes about 1 cup.

*Recipe submitted by Mark Bishop of The Bishops  
The Southern Gospel Music Cookbook*

## Jack Daniel's Rib Glaze

1 cup Jack Daniel's Whiskey	1 tablespoon fresh lemon juice
1/2 cup dark brown sugar	3 cloves garlic, minced
1 cup catsup	1/2 teaspoon dry mustard
2 teaspoons Worcestershire	Salt and pepper to taste
1/4 cup vinegar	

Combine all ingredients; mix well. Brush ribs with a thin coating of glaze and place on grill. Continue to baste when turning ribs. Makes enough for 2 racks of 7-10 ribs each.

*Jack Daniel's The Spirit of Tennessee Cookbook  
Used by permission of Rutledge Hill Press, Nashville, TN*

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 The legend of Jack Daniel's Tennessee Whiskey began in 1866 when a 17-year old youth named Jack Daniel established America's oldest registered distillery. People travel from all over the country through an area with more acres of trees than residents to experience the smell of this world-famous whiskey—yes, just the smell. The distillery is right in the middle of a dry county, so there will be no tasting and no buying!

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## MEATS

### *Stuffed Ham Slices*

**2** smoked ham slices, each  
1 inch thick  
**4** cups bread crumbs  
**½** cup seedless raisins  
**¼** cup packed light brown  
sugar

**½** teaspoon dry mustard  
**⅓** cup butter, melted  
**6** slices pineapple, with syrup

Place ham slices in a 9x13-inch baking dish. In a bowl, mix all ingredients, except pineapple slices. Toss thoroughly and spoon over the ham. Place a pineapple slice in each corner of the baking dish. Cut remaining slices into wedges and arrange them on top of ham. Bake at 300° for 1 hour and 30 minutes. Baste with reserved pineapple juice. Makes 2 servings.

**Fit for a King**

Used by permission of Rutledge Hill Press, Nashville, TN

### *Brandied Ham*

*With its garland of bay leaves, this ham is an Olympian treat. It may be a good choice for Easter dinner.*

**1** (8- to 10-pound) boiled ham,  
skin and rind removed  
**1** cup packed brown sugar  
**1** cup maple syrup or honey

**Whole cloves**  
**12** dried bay leaves  
**2** cups brandy  
**2** cups water

Score fat on ham. Combine brown sugar and maple syrup to make a paste. Spread paste over ham. Stick cloves in surface of ham. Fasten bay leaves to ham using toothpicks. Place ham in a pan; pour brandy in pan and cover. Bake at 450° for 20 minutes per pound of ham. After 10 minutes in oven, add water. During last hour of cooking time, baste frequently with pan juices. Refrigerate overnight to allow surface to glaze. Yields 16-20 servings.

**Today's Herbal Kitchen**

## Four-Game Pot Pie

**Salt and pepper**

**½ pound duck breast, skin removed**

**½ pound cubed venison**

**½ pound wild boar**

**½ pound rabbit loin**

**All-purpose flour for dusting**

**4 tablespoons vegetable oil**

**2 slices bacon**

**2 tablespoons butter**

**2 carrots, diced**

**1 celery rib, diced**

**10 mushrooms, diced**

**½ cup blanched pearl onions**

**4 tablespoons all-purpose flour**

**2 cups game stock or beef stock**

**1 bay leaf**

**2 tablespoons currant jelly**

**Pastry dough**

**1 egg, beaten with 1 tablespoon water**

Salt and pepper the duck breast, cubed venison, wild boar, and rabbit loin. Dust with flour, then brown in a skillet over medium-high heat in oil. Remove meats from skillet. Cut bacon into 1-inch pieces and fry until crisp; remove from pan. Melt butter in skillet; add carrots, celery, mushrooms, and blanched pearl onions. Sauté for 3 minutes and remove from skillet. Lower heat, stir in flour, and cook for 2 minutes, stirring well. Raise heat to medium; add stock, bring to a boil, and then simmer for 2 minutes. Return meats and vegetables to skillet; add bay leaf and currant jelly. Cover pan; simmer over low heat for 30 minutes.

Preheat oven to 400°. Put mixture in a large casserole dish, and top with pastry dough. Crimp edges of dough, brush dough with egg wash, and then cut several vents in pastry to allow steam to escape. Place casserole dish on cookie sheet and bake in oven for 35–40 minutes, or until the crust is brown. Makes 5–8 servings.

***The Tennessee Outdoorsmen Cookbook***

Used by permission of Rutledge Hill Press, Nashville, TN

 What's the story behind those VIP (Very Important Poultry) Peabody Ducks at the Memphis Peabody Hotel? Reportedly, it all started back in the 1930s when Frank Schutt, General Manager of the Peabody Hotel, and a good friend, Chip Barwick, Sr., both avid outdoorsmen, returned from a weekend hunting trip in Arkansas. It seems that they had nipped a bit of Tennessee whiskey, and thought it would be humorous to place some of their live duck decoys in the beautiful Peabody fountain.

MEATS

## *Venison Burgers Parmigiana*

**1** pound ground or chopped  
venison  
**1/2** teaspoon garlic salt  
**1/4** cup chopped onion  
**1** (8-ounce) can tomato sauce

**1** cup grated mozzarella cheese  
**1** tablespoon parsley flakes  
**1** tablespoon oregano flakes  
**2** tablespoons bread crumbs

Preheat oven to 400°. Mix meat, garlic salt, and onion. Shape into 8 patties; place in well-greased baking dish. Pour tomato sauce over the patties. Sprinkle with cheese, parsley, oregano, and bread crumbs. Bake in oven for about 30 minutes. Makes 4-6 servings.

***The Tennessee Outdoorsmen Cookbook***

*Used by permission of Rutledge Hill Press, Nashville, TN*

## *Venison Bake*

**3** large steaks or tenderloin  
Salt, pepper, seasoned salt, and  
lemon pepper to taste  
**1** large onion, sliced round  
**3** potatoes, sliced round  
**10** baby carrots

**1** green bell pepper, sliced in  
strips  
**1/2** pound fresh mushrooms,  
sliced  
**1 1/2-2** sticks margarine

Season meat well. Put onion in bottom of 9x13-inch baking dish lined with foil. Add meat. Put remaining vegetables on top of meat. Top with margarine. Cover and bake at 250° for 4-6 hours. Test meat for tenderness to determine total baking time.

***Food for the Flock Volume II***



*Toad in the Hole*

6 or 8 lamb chops,  $\frac{1}{2}$  inch thick      Bacon drippings  
 Salt and pepper

**BATTER:**

2 cups flour	2 eggs, well beaten
2 teaspoons baking powder	1 quart sweet milk
1 teaspoon salt	

Season chops with salt and pepper. Put in hot pan, well greased with bacon drippings. Combine Batter ingredients and pour over chops. Cook 1 hour at 300°. Baste often with bacon drippings. Serve hot in pan.

*Smoky Mountain Magic*

*Mary Alice's Chitlins*

Be ready for some 'finger-lickin' good eatin."

1 bucket frozen chitlins	4 cups milk
1 cup vinegar	2 cups self-rising flour
3 tablespoons hot pepper (optional)	1 cup all-purpose flour
Salt to taste	Vegetable oil

"I start with a bucket of frozen chitlins. Let thaw, then you are ready for the cleaning. Each piece is cleaned, with the waste and extra fat throwed away. Wash through with water and put into a pressure cooker, holding about 30-35 pounds of cleaned guts. Add the vinegar (makes them whiter), hot pepper, and salt. Cook for 40 minutes at 5 pounds pressure. Let cool; remove chitlins into a larger pan. Cover with water, and I take each piece by piece to make sure they are cleaned. Now some like boiled, so I put those in a pot to heat to serve! Some like them fried, so I dip those in a batter made of milk, self-rising flour, and all-purpose flour. Beat with an electric mixer, dip the chitlins in the batter, and fry in hot oil until golden brown.

*Mary Alice Lamb, Eagleville, TN*

*Good Humor Cookin'*



## Poultry



PHOTO © LEE FOSTER

*Brush up on your country music history with a trip to Nashville's Country Music Hall of Fame, which houses original song manuscripts, musical instruments, memorabilia, photographs, stage costumes, historical items, and much more.*

*Sweet's Famous Southern Fried Chicken***1 (3-pound) chicken****1 egg****½ cup water****2 teaspoons salt, divided****2 teaspoons cracked pepper,  
divided****2 teaspoons granulated garlic,  
divided****4 cups flour****Vegetable oil for frying**

Rinse chicken and pat dry. Cut into 8 serving pieces; set aside. Beat egg and water with 1 teaspoon salt, 1 teaspoon pepper, and 1 teaspoon garlic in medium bowl.

Combine flour with remaining salt, pepper, and garlic in large bowl. Dip chicken in egg mixture. Coat twice in seasoned flour. Heat oil to 325° in a deep fryer. Add chicken. Fry until golden brown and temperature on meat thermometer registers 180° when inserted in chicken. Serves 4.

**Variation:** For crispy fried chicken, substitute cornstarch for half the flour and add ½ teaspoon baking powder. Season as usual.

***Taste of the Town***

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Dolly Rebecca Parton was born January 19, 1946, in Sevierville. As a young girl, Parton had always loved singing, and with the help and encouragement of her uncle, Bill Owens, she landed a spot on a Knoxville television show at the age of 10. She made her first appearance at the Grand Ole Opry at age 13. In 1999, Dolly was inducted into the Country Music Hall of Fame.

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*Traditional Southern Fried Chicken*

**1 (2- to 2½-pound) chicken  
2 eggs  
1 cup milk  
1½ teaspoons salt**

**1 teaspoon pepper  
1½ cups self-rising flour  
3 cups lard (or shortening)**

Cut chicken into frying pieces. In a shallow bowl, beat eggs, then stir in milk, salt, and pepper. Soak chicken in milk mixture 5–10 minutes. Roll chicken in flour, being sure to completely cover each piece. Set aside to dry.

In a large cast-iron skillet, melt lard over medium-high heat. When fat is very hot, add thighs and legs and cook for several minutes. Add other pieces, being careful not to overcrowd the skillet. Continue cooking until chicken is golden brown on one side, about 5 minutes. Turn and brown on other side. Reduce heat to medium-low. Cover pan and cook 15 minutes. Turn pieces, cover, and continue to cook 15 minutes longer. Uncover during last 5–10 minutes so the crust will be crisp. Yields 4–5 servings.

**Miss Mary Bobo's Boarding House Cookbook**

Used by permission of Rutledge Hill Press, Nashville, TN

*Drunk Chicken*

**1 (12-ounce) can beer  
1 whole chicken  
Salt and pepper to taste**

**Barbecue sauce (optional)  
Honey**

Pour about half of beer out and discard (or drink). Season chicken inside and out with salt and pepper. Place chicken on can of beer as if he would sit up. Place on hot grill and cook for about 1 hour or until he falls off can. May add barbecue sauce, if desired. When almost done, baste with honey.

**Recipes & Memories: Bishop's Best Family Recipes**

*Orange Cinnamon Chicken*

1 (3- to 4-pound) chicken, cut in serving-size pieces	2 cups orange juice
1/4 pound (1 stick) butter	1 1/2 cups raisins
1 (14 1/2-ounce) can chicken broth	Salt and pepper to taste
	1/2 teaspoon cinnamon
	3 tablespoons flour

In a large skillet, brown chicken in butter. Remove and place in slow cooker. Combine all other ingredients except flour and pour over chicken. Cook on Low 5-6 hours or until chicken is done and tender. Remove at least 1 cup liquid and whisk in flour, then return to slow cooker; turn up to HIGH and cook at least 1/2 hour more. Serve over rice.

**Feed U S First**

*Chicken, Sausage, and Wild Rice Casserole for a Crowd*

1 (5-pound) chicken	4 (10 3/4-ounce) cans cream of mushroom soup
2 (6 3/4-ounce) boxes quick wild rice mix	6 slices bread, buttered and cut into cubes
1 pound hot sausage	
4 medium onions, chopped	

Cook chicken, reserving broth. Bone, skin, and chop chicken into bite-size pieces. Cook wild rice according to package directions, using broth from chicken for the liquid.

Break sausage into bite-size pieces and sauté with onions until slightly browned. Drain well. Add cream of mushroom soup, chopped chicken, and wild rice to the sausage and onion mixture. Mix well.

Pour into 2 (9x13-inch) casseroles. Top casseroles with bread cubes. Bake at 350° for 30 minutes. Serves 20.

**Linen Napkins to Paper Plates**

## Chicken and Dumplings

1 (3- to 4-pound) chicken	1 teaspoon salt
4 quarts water	1½ teaspoons baking powder
2 celery stalks, coarsely chopped	1½ tablespoons shortening
1 large onion, coarsely chopped	½ cup milk
3 cups plain flour	½ cup chicken broth
1 cup self-rising flour	2 chicken bouillon cubes
	Salt and pepper to taste

Cook chicken in water with celery and onion 1-1½ hours or until chicken is done. Remove chicken and vegetables from broth. Bone chicken after it has cooled, discarding vegetables and reserving broth.

Mix flours with salt and baking powder; cut in shortening. Add milk and ½ cup broth. Mix well. Roll out thin and cut into strips. Heat remaining broth and add bouillon cubes. Allow cubes to dissolve. Place dumplings into broth. Turn heat to medium and cook approximately 15 minutes. Add chicken. Season with salt and pepper.

**Food for the Flock Volume II**



**1941 Bub's Chicken**

Back in 1941, gasoline companies sold more than gasoline and oil. They sold restrooms and cleanliness. Magazine ads featured a mother and daughter freshening up by a mirror in a sparkling restroom. Other ads featured service station men in uniform, with caps and bow ties completing the outfit. It was a time when you could buy a whole chicken with feet included. When you made chicken soup, you used the feet to give flavor and strength to the soup. These days health laws forbid such sales, and women rely on bones to give body to their chicken soup. This recipe lets you cook your chicken in soup if you like. It's one of my favorites.

**Chicken fat, melted (about 12  
ounces)**

**1 onion, sliced (for fat)**

**Dash of salt**

**1 chicken, cut up**

**Water to cover**

**2 carrots**

**2 stalks celery**

**2 onions**

**Salt and pepper, divided**

**Bay leaf**

**4 chicken bouillon cubes**

**Garlic salt**

**Pickling spices**

**Paprika**

**Ketchup**

**Dill seeds**

**Cooked noodles**

In order to make this 1941 recipe, you must first render your chicken fat by cooking it in a pot with a sliced onion and a dash of salt. When it's melted, pour it through a sieve and chill until ready to use. Next, place chicken in a large kettle, and cover with water; add vegetables, salt, pepper, bay leaf, and bouillon cubes. When stock is done and chicken is one step away from falling off the bones, take chicken out of stock and put pieces into a baking pan. Brush with chicken fat. Sprinkle chicken with salt, pepper, garlic salt, and a handful of pickling spices. Sprinkle with paprika.

Bake at 350° for 20 minutes; turn chicken, and coat in the same manner with fat and paprika. Bake another 20 minutes. Mix half cup each ketchup and fat, and brush top of chicken. Bake another 10-15 minutes, basting every so often. Chicken is done when the ketchup has the "baked on" look. Don't brush on ketchup mixture too thickly. Use stock as soup, adding a teaspoon of dill seeds for flavor. Serve soup with wide noodles.

**Forgotten Recipes**

## Chicken Paprika

*For years I would cut up a fryer into traditional pieces, leaving on the skin. I now use boneless, skinless chicken breasts.*

**1 stick margarine**

**6 chicken breasts or 1 cut-up  
fryer**

**Salt and pepper to taste**

**Lots of Hungarian paprika**

**Juice of 1 lemon**

**Cooked rice**

Melt enough margarine in a large covered skillet to coat pieces on both sides. Pour margarine over chicken, reserving some margarine for skillet. Place chicken in skillet; season with salt and pepper, and lots of paprika on each side. Cook at medium to low heat on one side, not lifting the heavy lid for at least 20 minutes. Turn it to the other side and cook another 10-15 minutes. Lift lid and completely cover chicken with fresh lemon juice.

Meanwhile, prepare your favorite rice so that it is done at the same time as the chicken. Lift cooked rice onto a serving dish and place chicken all around it. There should be lots of juice from the chicken and lemon juice. Pour this over the dish so that it oozes into the rice. If there is residue in the skillet, put a few tablespoons of hot water in it, and scrape it well. Add that to the chicken dish.

**Friends and Family: Recipes & Remembrances**

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The first Chattanooga choo-choo was a passenger train departing Cincinnati, Ohio, on March 5th, 1880. Operated by the Cincinnati Southern Railroad, the train was the first to offer through passenger service to the South. Since nearly all trains to points south had to pass through Chattanooga, a newspaper reporter dubbed the huffing and puffing little steam locomotive the Chattanooga choo-choo—a phrase that went down in history. However, it was only after Glenn Miller's orchestra made the catchy song popular in the late 1940s that the name became world famous. "Pardon me, boy. Is that the Chattanooga choo-choo?"

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*Chicken L'Oreal with Wild Rice*

1 (8-ounce) package cream cheese, softened  
 1 bunch green onions with tops, finely chopped  
 8 boneless, skinless chicken breasts  
 8 bacon strips

1 (10 $\frac{3}{4}$ -ounce) can cream of chicken soup  
 1 (8-ounce) carton sour cream  
 Pan drippings from chicken  
 2 (6-ounce) packages Uncle Ben's Long-Grain & Wild Rice, cooked by package directions

Mix cream cheese and onions. Divide into 8 portions. Open breast flat. Pound to flatten. Spread cream cheese mixture on each breast and fold together. Wrap 1 slice bacon around each breast. Put ends of bacon down in baking pan. Broil in oven until bacon is brown. Combine soup, sour cream, and drippings from baking pan. Pour over chicken and bake at 325° for 30 minutes. Do not over-cook. Serve on wild rice.

*A Lifetime Collection*

*Apple-Glazed Chicken*

16 ounces boneless, skinless chicken breasts  
 $\frac{1}{3}$  cup apple jelly  
 2 tablespoons dry sherry  
 2 teaspoons lemon juice

$\frac{1}{4}$  teaspoon salt  
 $\frac{3}{4}$  cup seedless red grape halves  
 3 sprigs parsley, chopped

Rinse chicken and pat dry. Heat skillet sprayed with nonstick cooking spray over medium-high heat. Add chicken. Cook 8-10 minutes or until cooked through, turning once. Remove to serving platter. Mix jelly, sherry, lemon juice, and salt in bowl. Add to skillet. Cook until jelly melts, stirring constantly. Stir in grapes and parsley. Cook until heated through. Spoon over chicken. Yields 4 servings.

*The Apple Barn Cookbook II*

*Crescent Chicken Casserole*

**1 (8-ounce) package shredded Cheddar cheese, divided**  
**2 chicken breasts, cooked and diced**  
**2 (8-count) cans refrigerated crescent rolls**

**1 (10 $\frac{3}{4}$ -ounce) can cream of chicken soup**  
 **$\frac{1}{2}$  cup milk**

Mix  $\frac{1}{2}$  cup cheese with diced chicken. Separate rolls, and place 2 tablespoons chicken mixture on each. Roll up and place in buttered casserole dish. Heat soup, milk, and  $\frac{3}{4}$  cup cheese. Pour over rolls. Bake at 350° for 30 minutes or until rolls are brown. Sprinkle remaining cheese on rolls, and return to oven until melted.

*Food for the Flock Volume II*

*Chicken Spaghetti*

**4 large chicken breasts**  
**2 stalks celery, chopped**  
**1 large onion, chopped**  
**1 (8-ounce) package spaghetti**  
**Salt and pepper to taste**  
 **$\frac{1}{4}$  cup butter**  
**3 tablespoons flour**

**1 pound Velveeta cheese, cubed, divided**  
**1 (4-ounce) can mushrooms, drained**  
**1 (8-ounce) can sliced water chestnuts, drained**  
**1 tablespoon Worcestershire**

Cook chicken, celery, and onion in water to cover until tender; retain broth; cool and take off fat. Cook spaghetti in seasoned broth; save broth to make sauce. Cut chicken into bite-size pieces.

In a large skillet, melt butter; add flour. Gradually add 2 cups reserved broth,  $\frac{1}{2}$  pound Velveeta cheese, mushrooms, and sliced water chestnuts, stirring until cheese melts. Add Worcestershire to cheese mixture. In a large casserole, alternate layers of spaghetti, chicken, and sauce; top with remaining cheese. Cook in 300° oven until bubbly and hot.

*First Sunday Cookbook*

*Chicken Spaghetti*

1 chicken, boiled and deboned,  
reserve broth  
1 pound spaghetti noodles  
1 (16-ounce) jar Cheez Whiz  
1 (10 $\frac{3}{4}$ -ounce) can cream of  
chicken soup  
1 (10-ounce) can Ro-Tel  
tomatoes

1 cup chopped bell pepper  
3/4 cup chopped onion  
1 (8-ounce) can chopped water  
chestnuts  
Salt to taste

Cut or pull chicken into bite-size pieces. Cook spaghetti noodles in reserved chicken broth. In large bowl, mix all ingredients and put in greased 9x13-inch baking dish. Bake at 350° about 45 minutes.

*Nothing Says Loving Like Something from the Kitchen*

*Chicken Melanzana with Spaghetti*

2 whole large chicken breasts  
(1 $\frac{1}{2}$  pounds total), split  
Garlic salt  
Freshly ground pepper  
1 small eggplant ( $\frac{3}{4}$  pound),  
peeled and cubed

1/2 cup chopped onion  
1 (6-ounce) can tomato paste  
1 cup water  
1/2 teaspoon Italian seasoning  
3 cups tender-cooked spaghetti

Season chicken pieces with garlic salt and pepper, and place them skin-side-up in a shallow roasting pan. Quick-bake at 450° for 15–20 minutes until well-browned. Pour off all the fat.

In medium bowl, combine eggplant, onion, tomato paste, water, and Italian seasoning, then pour it around the chicken. Cover roaster loosely with foil, and bake at 350° for 40–50 minutes, stirring occasionally, until chicken is tender and liquid is reduced to a thick sauce. Serve with  $\frac{3}{4}$  cup spaghetti per person. Serves 4.

*Recipe submitted by Bernadette and Terry Bradshaw*

*The Southern Gospel Music Cookbook*

*Rasta Pasta***BLACKENING SPICE:**

1½ tablespoons salt  
 1 tablespoon paprika  
 1 teaspoon onion powder  
 1 teaspoon garlic powder

1 teaspoon dried thyme  
 ½ teaspoon dried oregano  
 ½ teaspoon pepper  
 1 teaspoon cayenne

Combine ingredients in small bowl; mix well.

**RASTA PASTA:**

1 skinless, boneless chicken  
 breast  
 Blackening Spice  
 3 tablespoons olive oil, divided  
 1 tablespoon freshly chopped  
 garlic  
 2 ounces green onions, chopped

3 ounces sea scallops  
 3 ounces bay shrimp  
 ½ cup heavy cream  
 1 teaspoon mixed salt, pepper, and  
 granulated garlic  
 5 ounces fettuccini, cooked  
 ¼ cup grated Parmesan cheese

Rinse chicken and pat dry. Coat with Blackening Spice. Cook in 1 tablespoon olive oil in a skillet over medium-high heat until cooked through and bright red; set aside. Sauté garlic and green onions in remaining 2 tablespoons olive oil in a large skillet for 1 minute. Add scallops and shrimp. Sauté 2 minutes, stirring frequently. Add heavy cream and mixed salt, pepper, and garlic. Simmer over low heat until liquid is reduced by half. Add pasta and Parmesan cheese, tossing to coat. Serve topped with chicken. Serves 1.

*Taste of the Town*

 Can you believe Andrew Johnson held every elective office at the local, state, and federal level, including President of the United States? Well, it's true! He was elected alderman, mayor, state representative, and state senator. He served as governor and military governor of Tennessee, then United States congressman, senator, and vice president, eventually becoming the 17th President of the United States, following the assassination of Abraham Lincoln in 1865. In May of 1868, he became the first president to ever be impeached.

*Baked Chicken and Rice*

<b>Salt to taste</b>	<b>1 box wild rice with herbs</b>
<b>Self-rising flour to coat chicken (about 1/2 cup)</b>	<b>1 (10 3/4-ounce) can chicken and rice soup</b>
<b>4-5 chicken breasts</b>	<b>1 (10 3/4-ounce) can cream of mushroom soup</b>
<b>Oil to brown chicken (2-3 tablespoons)</b>	<b>1 soup can water</b>

Salt and flour chicken. Pour oil into baking pan; place chicken in pan. Bake at 350° for 45 minutes. Drain. Prepare rice according to package directions. Place rice around chicken breasts. Mix soups and water together; pour over chicken and rice. Return to oven and bake 45 minutes to 1 hour, until chicken is tender and golden brown.

*From Our Kitchen to Yours Volume II*

*Mexican Chicken*

<b>4 boneless, skinless chicken breasts, cooked and shredded</b>	<b>1 (10 3/4-ounce) can cream of mushroom soup</b>
<b>2 tablespoons butter</b>	<b>1 (18-ounce) jar pasteurized processed cheese sauce</b>
<b>1 large onion, chopped</b>	<b>1-2 cups crushed salted tortilla chips</b>
<b>1/2 cup mayonnaise</b>	
<b>1 (10-ounce) can diced tomatoes with green chiles</b>	
<b>1 (10 3/4-ounce) can cream of chicken soup</b>	

Place chicken in a 9x13-inch glass baking dish. Melt butter in a large skillet over medium-high heat. Sauté onion until translucent. Add remaining ingredients, except chips, to skillet and heat, stirring, until blended. Pour over chicken and bake in preheated 325° oven for 20 minutes. Top with chips, and bake an additional 10 minutes. Serves 4.

*Have You Heard...A Tasteful Medley of Memphis*

## Puffy Chicken Chile Rellenos

1½ cups chopped cooked chicken	2 tablespoons flour
3 (4-ounce) cans chopped green chiles, drained	½ teaspoon salt
4 flour tortillas, cut into halves	½ teaspoon pepper
16 ounces Monterey Jack cheese, shredded	½ teaspoon cumin
2-3 Roma tomatoes, seeded, chopped	½ teaspoon garlic powder
8 eggs, lightly beaten	½ teaspoon onion salt
½ cup milk	Paprika to taste
	½ cup sour cream (optional)
	¼ cup chopped green onions (optional)

Layer half the chicken, half the green chiles, half the tortillas, and half the cheese in a greased 2½-quart baking dish. Top with tomatoes. Repeat layers with remaining chicken, green chiles, tortillas, and cheese. Beat eggs, milk, flour, salt, pepper, cumin, garlic powder, and onion salt in a bowl. Pour over the layers. Sprinkle with paprika.

Bake at 350° for 35-40 minutes or until golden and puffy. Cool for 10-15 minutes before serving. Top with sour cream and green onions, if desired. Serves 6-8.

*Taste of the Town*



*Deep-Dish Cranberry Chicken Pie*

4 cups chopped cooked chicken or turkey	2 cups chicken stock or bouillon
1 (16-ounce) can whole onions, drained	1 cup fresh cranberries
1 (10-ounce) package frozen green peas, thawed	1 medium onion, chopped
1 cup cooked sliced carrots	2 cups light cream
1 (4-ounce) can sliced mushrooms, drained	1/4 cup (1/2 stick) butter
	1/4 cup flour
	2 teaspoons browning sauce
	Salt and pepper to taste
	1 package pie pastry mix

Combine chicken, whole onions, peas, carrots, and mushrooms in a bowl, and mix gently. Spoon into a shallow 3-quart baking dish. Combine stock, cranberries, and chopped onion in saucepan. Bring to a boil; reduce heat. Simmer 10 minutes, stirring occasionally. Remove from heat. Press cranberry mixture through a sieve into a bowl. Stir in cream.

Heat butter in saucepan until melted. Add flour, stirring until blended. Gradually add cranberry mixture, and mix well. Stir in browning sauce. Cook over low heat until thickened, stirring constantly. Season with salt and pepper. Spoon over chicken mixture. Preheat oven to 400°. Prepare pastry mix using package directions. Roll pastry on lightly floured surface into a circle that is 1 inch larger than top of baking dish. Place pastry over filling, sealing edge and cutting vents. Bake 35–40 minutes or until golden brown. Yields 8–10 servings.

*Holidays at Home*


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Tennessee and Missouri are the only two states in the nation bordered by eight states. That just might make them the most neighborly states in America! Tennessee is bordered by Kentucky, Virginia, North Carolina, Georgia, Alabama, Mississippi, Arkansas, and Missouri.

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*Chicken Pot Pie*

2 cups chopped cooked chicken  
 2 (10 $\frac{3}{4}$ -ounce) cans cream of  
 celery soup  
 $\frac{1}{2}$  cup milk  
 6 small onions, cooked  
 $\frac{1}{2}$  teaspoon Worcestershire

Dash of pepper  
 1 cup cooked cubed potatoes  
 1 cup cooked sliced carrots  
 Pie pastry

Heat oven to 425°. Combine all ingredients, except pastry. Place in greased 2-quart casserole. Roll out pie pastry, and fit to top of casserole; flute edges. Cut slits in pastry to allow steam to escape. Bake in preheated oven 20 minutes or until crust is golden brown.

*Nothing Says Loving Like Something from the Kitchen*

*Kent's Famous Root Beer Chicken*

6-8 chicken leg quarters  
 1 (2-liter) bottle root beer  
 5 cloves garlic, minced

1 small onion, chopped  
 Dash of salt and pepper  
 1 tablespoon brown sugar

Place chicken quarters in a pan or bowl large enough to hold them and the root beer. Pour root beer over chicken. Add garlic and onion, and cover with cling wrap. Place the whole thing in the fridge overnight, then place chicken on the smoker the next day (reserve marinade). You can also use a grill with high, direct heat. As you are smoking the chicken, pour the root beer marinade in a saucepan. Add a dash of salt and pepper and brown sugar. Boil it down for about 30 minutes, and use as a baste on the chicken.

*Smoke in the Mountains Cookbook*

*Pepper Turkey***1/2 cup vinegar****1/2 cup oil****1/4 cup black pepper****1-2 tablespoons salt, or to taste****3 tablespoons dried parsley****2 tablespoons flour****1 turkey breast, or 1 small****turkey**

Preheat oven to 300°. Mix vinegar, oil, pepper, salt, and parsley. Place flour and turkey into a roasting bag. Pour mixture over turkey. Place turkey in bag in a roasting pan. Make some holes in top of bag. Bake at 300° for 4 hours.

*Cooking with Friends—Highland Heights Presbyterian Church*

*Oven-Roasted Turkey***1 turkey breast****Chopped fresh sage, parsley,  
thyme and/or rosemary to taste**

Rinse turkey and pat dry. Remove skin. Spray all sides of turkey with butter-flavored nonstick cooking spray. Rub with fresh herbs. Wrap turkey in cheesecloth; place in a cooking bag. Bake at 375° until meat thermometer registers 170°.

Nutritional Analysis per 3-ounce serving: Cal 135; Carbo 9g; Prot 21g; Total Fat 2g; Chol 50mg; Sod 59mg; Fiber trace; Cal from Fat 15%

**TURKEY GRAVY:****2 cups low-fat low-sodium turkey  
broth****3 tablespoons cornstarch  
1/4 cup water**

Skim turkey broth to remove fat. Pour into a saucepan. Bring to a boil; reduce heat. Stir in a mixture of cornstarch and water. Cook until the desired consistency, stirring constantly. Remove from heat. Serve immediately. Yields 8 (1/4-cup) servings.

Nutritional Analysis per serving: Cal 16; Carbo 3g; Prot 1g; Total Fat trace; Chol 0mg; Sod 12mg; Fiber trace; Cal from Fat 11%

*A Taste of the Good Life*

**Turkey-Broccoli Casserole**

2 (10-ounce) packages frozen broccoli cuts, or 2 bunches fresh broccoli  
 3 cups diced cooked turkey  
 1 (10 $\frac{3}{4}$ -ounce) can cream of chicken soup  
 $\frac{1}{2}$  cup mayonnaise

1 teaspoon lemon juice  
 $\frac{1}{2}$  teaspoon curry powder  
 $\frac{1}{2}$  cup shredded sharp Cheddar cheese  
 $\frac{1}{2}$  cup toasted buttered bread crumbs

In 8x8-inch baking dish, put layer of broccoli and turkey. Prepare sauce by mixing soup, mayonnaise, lemon juice, and curry. Pour sauce over broccoli and turkey. Top with cheese and bread crumbs. Bake at 350° for 25–30 minutes. This can be made ahead and reheated. Serves 6–8.

*Choice Recipes from Choices Restaurant*

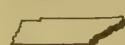
**Quail in Wine**

6–8 quail, split in half  
 Salt and pepper to taste  
 1 stick butter  
 1 carrot, diced  
 1 small onion, chopped

$\frac{1}{2}$  cup sliced mushrooms  
 2 tablespoons chopped bell pepper  
 1 tablespoon flour  
 1 cup chicken stock or broth  
 $\frac{1}{2}$  cup white wine

Season birds with salt and pepper. In skillet, lightly brown birds in butter. Remove to buttered casserole dish. In same skillet, sauté vegetables for 5 minutes. Stir in flour, and gradually add stock or broth. Simmer 10 minutes. While sauce is simmering, pour wine over birds. Pour sauce over all; cover and bake 1 $\frac{1}{2}$  hours at 350°. Serves 3–4.

*Recipe from Woodlawn Bed & Breakfast, Athens  
 Fine Dining Tennessee Style*



Cumberland University, located in Lebanon, lost a football game to Georgia Tech on October 7, 1916, by a whopping score of 222 to 0. The Georgia Tech coach was George Heisman for whom the Heisman Trophy is named.

*Smothered Doves*

1 stick butter	1 tablespoon Worcestershire
2 tablespoons all-purpose flour	2 tablespoons lemon juice
2 cups water	6 doves
Salt and pepper to taste	

Preheat oven to 350°. Melt butter in a skillet. Add flour, and cook until smooth and brown. Add water gradually, stirring well until thickened. Stir in salt, pepper, Worcestershire, and lemon juice. Arrange doves in baking dish; pour sauce over doves and cover the dish. Bake in preheated oven 2 hours. Baste occasionally, adding water if necessary. Makes 4-6 servings.

*The Tennessee Outdoorsmen Cookbook*  
Used by permission of Rutledge Hill Press, Nashville, TN

*Smothered Quail or Dove*

1 cup chopped green onions	Salt and pepper to taste
2 slices bacon, chopped	3 tablespoons flour
2 garlic cloves, finely chopped	2 cups chicken stock
Chopped mushrooms to taste	1 cup sherry or white wine
½ cup (1 stick) butter	½ teaspoon tarragon
24 quail breasts or dove breasts	

Sauté green onions, bacon, garlic, and mushrooms in butter in a skillet until bacon is brown. Remove bacon mixture to a bowl using a slotted spoon, reserving pan drippings.

Sprinkle quail with salt and pepper. Sear on both sides in reserved pan drippings. Remove quail to a baking dish using a slotted spoon, reserving pan drippings.

Stir flour into reserved pan drippings. Cook until bubbly, stirring constantly. Add stock, sherry, and tarragon and mix well. Cook until thickened, stirring constantly. Stir in bacon mixture. Spoon sauce over quail. Bake, covered, in preheated 350° oven 1 hour or until tender. You may substitute dove or chicken for quail, decreasing baking time to 30 minutes. Serves 10-12.

*Provisions & Politics*



## Seafood



PHOTO © TENNESSEE OFFICE OF TOURISM

*The Tennessee Aquarium in Chattanooga is the first and largest freshwater life center in the world. Tennessee is certainly an appropriate site for the center since it contains more species of freshwater fish than any other state in North America.*

*Spicy Grilled Catfish*

1 teaspoon lemon pepper  
 1 teaspoon white pepper  
 1 teaspoon Creole seasoning  
 1 teaspoon blackened fish  
 seasoning

2 tablespoons lemon juice  
 4 catfish fillets (1½ pounds)  
 Vegetable cooking spray  
 Lemon wedges and celery tops for  
 garnish

Combine first 4 ingredients in small bowl. Sprinkle lemon juice and seasoning mixture on both sides of fish. Spray a wire fish-basket with cooking spray; place fish in basket. Grill fish, covered, over medium (400°) coals 7-10 minutes on each side, or until fish flakes easily when tested with a fork. Remove fish from basket, place on a serving platter, and garnish with lemon wedges and celery tops.

*Smoke in the Mountains Cookbook*

*Southern Fried Catfish*

½ cup cornmeal  
 ¼ cup all-purpose flour  
 2 eggs  
 1 cup milk

Salt and pepper to taste  
 6-10 catfish fillets, or 4 whole  
 catfish, skinned  
 Vegetable oil for frying

In a shallow bowl, mix cornmeal and flour together. In a separate bowl, beat eggs and milk together. Salt and pepper the fish. Soak fish in milk mixture 10-15 minutes. Drain well. Roll fish in cornmeal mixture. Heat oil in a heavy skillet to 375° (should be very hot). Add fish, being careful not to overcrowd. Turn as each side browns. Remove from oil, and drain. Leftover oil may be used to fry hushpuppies for added flavor. Yields 4 servings.

*Miss Mary Bobo's Boarding House Cookbook*

Used by permission of Rutledge Hill Press, Nashville, TN



## SEAFOOD

### *Deep-Fried Fish*

**DRY SHAKE:**

**1 cup real instant potatoes  
1 cup cornmeal  
2 cups flour  
1/4 cup lemon pepper**

**1 tablespoon salt  
1 tablespoon pepper  
1/2 teaspoon thyme**

Mix all ingredients in large bowl with lid.

**4 eggs** **Dressed fish fillets**  
**2 tablespoons lemon juice**

Scramble eggs and lemon juice in large bowl. Add fish and mix well; let sit 15 minutes. Take fish out and put in bowl with Dry Shake. Put on lid and shake till fish is covered. Put back in egg mixture and repeat process. Leave in Dry Shake, cover bowl, and refrigerate 30–40 minutes. Preheat oil to 375°. Put fish in fry basket and cook till golden brown.

***Dixie' Kickin's Country Cooking***

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Why is there a huge catfish on a sign in Paris? Because it is home to an event claiming to be the "world's biggest fish fry." Hungry visitors consume over 12,000 pounds of catfish during the festivities, which last for six days. The annual event began in 1953 and includes parades, square dances, an auto show, and, if you're lucky, a catfish race. By the way, there's an old law in Tennessee making it illegal to catch fish with a lasso . . . so don't even think about it!

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*Admiral's Choice*

36 (1-ounce) halibut medallions  
 Worcestershire to taste  
 Juice of 4 lemons  
 Salt and pepper to taste  
 2½ cups flour

10 eggs, beaten  
 Butter for sautéing  
 12 ounces fish velouté  
 1 bunch fresh dill, chopped  
 2 ounces tomato purée

Sprinkle fish with Worcestershire, lemon juice, salt and pepper. Dip into flour, then eggs. Sauté in butter in a sauté pan until golden brown.

Heat fish velouté with dill in a saucepan. Spoon onto serving plates. Pipe tomato purée into an ornamental design on the prepared plates. Arrange 6 fish medallions around outer edge of each plate. Fill center with a medley of vegetables sautéed in butter until tender-crisp. Makes 6 servings.

**Note:** Velouté is, in the most basic terms, a white stock thickened with white roux and can be flavored in various ways.

**A Culinary Collection**

*Tabasco Fish*

I heard about this recipe at a wild game dinner. I thought it had to be hotter than a two-dollar pistol, but I was told that it wasn't hot at all because the "heat" is removed when it is deep-fried. So I tried the recipe, and let me tell you, these folks knew what they were talking about. It was terrific. Not hot at all, yet the Tabasco flavoring added a wonderfully different taste to the fried fish.

Fish fillets  
 Tabasco  
 All-purpose flour

Cornmeal  
 Salt  
 Oil for frying

Put fish fillets in a bowl or deep dish. Sprinkle fish with Tabasco. Toss fish around in the Tabasco really well, then lay them in your flour-cornmeal mix. The mix should not be peppered, just salted the way you usually prepare a mix. Place fish gently into a skillet or wire basket, and deep-fry until they float and are golden brown. Yum!

***The Tennessee Outdoorsmen Cookbook***

Used by permission of Rutledge Hill Press, Nashville, TN



## SEAFOOD

### *Spicy Marinated Shrimp*

3 pounds shrimp, cooked, peeled with tails left intact	1/4 cup white wine vinegar
1 large red onion, thinly sliced	3 tablespoons fresh lemon juice
3 large lemons, thinly sliced	3 jalapeños, minced
3/4 cup olive oil	3 large cloves garlic, minced
1/2 cup finely chopped cilantro	1/4 teaspoon cayenne pepper
	Salt and pepper to taste

Layer shrimp, onion, and lemon slices in a large glass bowl. Combine remaining ingredients and pour over all. Cover and refrigerate at least 4 hours before serving.

*Have You Heard...A Tasteful Medley of Memphis*

### *Seafood Enchilada Del Mar*

1 small onion, diced	Pepper to taste
1/4 cup diced celery	6 large flour tortillas
1 tablespoon minced garlic	1 (10 3/4-ounce) can cream of
1 stick butter	celery soup
1 pound shrimp, cleaned, deveined, and cut up	3/4 cup can milk
1/2 pound crabmeat, chopped	1 tablespoon hoisin sauce
1 (8-ounce) package cream cheese	Parmesan cheese

In a large saucepan, sauté onion, celery, and garlic in butter until onions are translucent. Add shrimp and crabmeat. Heat, stirring frequently, until shrimp are cooked. Add cream cheese in small pieces until melted. Pepper to taste. Warm tortillas, and place at least 2 tablespoons of mixture in bottom half of tortilla; roll up. Place seam-side-down in a 9x13-inch greased baking dish. Mix celery soup and milk with hoisin sauce; heat, stirring often. Pour over tortillas and bake at 350° for 1/2 hour. Sprinkle Parmesan cheese over enchiladas before serving.

*Feed U S First*

## Banh Xeo - Seafood Crêpe (Vietnamese)

**CRÊPE BATTER:**

2 cups flour	$\frac{1}{4}$ teaspoon turmeric
$\frac{1}{2}$ teaspoon sugar	$\frac{1}{2}$ bundle green onions, chopped
$\frac{1}{2}$ teaspoon salt	Water

In a large bowl, combine batter ingredients; mix well with water until it has the consistency of milk. Refrigerate.

**FILLING:**

5 ounces pork, cut into thin slices	3 cups thinly sliced mushrooms
15 medium shrimp, shelled and deveined	3 cups bean sprouts
$\frac{1}{3}$ cup fish sauce	1 large onion, thinly sliced
$\frac{1}{2}$ teaspoon sugar	1 cup cooking oil
4 cloves garlic, minced	1 head green lettuce
	1 bundle cilantro

In a bowl, combine pork, shrimp, fish sauce, sugar, and garlic. Mix well, and marinate for 30 minutes. In a container, combine mushrooms, bean sprouts, and onion, and mix well.

Using a nonstick skillet or wok, heat 2 tablespoons cooking oil. Stir batter mixture, and pour  $\frac{1}{2}$  cup into wok. Quickly tilt wok to help spread batter into a thin pancake. Place  $\frac{1}{6}$  of the vegetables and meat on  $\frac{1}{2}$  the pancake. Reduce heat to medium, cover, and cook 5 minutes or until pancake is crispy.

Uncover wok, carefully fold pancake in half, and slowly transfer onto a platter. Cover and keep warm while repeating process for remaining crêpes. To serve, cut a portion of the crêpe, wrap it in a lettuce leaf with a sprig of cilantro, and eat by hand, dipping in nuoc cham (fish dipping sauce).

*Recipes from Home*

*Ann's Crab Cakes with Mustard Sauce***CRAB CAKES:**

**8** ounces fresh crabmeat  
**1** cup fine dry bread crumbs,  
 divided  
**1** tablespoon Worcestershire  
**1** tablespoon prepared  
 horseradish  
**1** tablespoon lemon juice  
**1** tablespoon Dijon mustard

**1** egg  
**1** teaspoon Old Bay Seasoning  
**1/4** cup light mayonnaise  
**1/3** cup chopped green onions  
**1** teaspoon chopped parsley  
**1/4** teaspoon red pepper flakes  
**2** tablespoons olive oil

Combine crabmeat,  $\frac{1}{2}$  the bread crumbs, Worcestershire, horseradish, lemon juice, Dijon mustard, egg, Old Bay Seasoning, mayonnaise, green onions, parsley, and red pepper flakes in a bowl; mix well. Shape into  $2\frac{1}{2}$ -inch patties. Coat with remaining bread crumbs. Heat olive oil in a large skillet. Sauté Crab Cakes on each side until golden brown.

**MUSTARD SAUCE:**

**1/4** cup light mayonnaise  
**1** tablespoon plus **1** teaspoon  
 Dijon mustard with  
 horseradish, or to taste

**1** tablespoon plus **1** teaspoon  
 stoneground mustard, or to  
 taste

Mix mayonnaise and mustards in small bowl. Serve in small dish to accompany Crab Cakes. Serves 4-6.

*Taste of the Town*

 The Lost Sea is listed in the Guinness Book of World Records as "America's Largest Underground Lake." The lake is located deep inside Craighead Caverns in Sweetwater. The full extent of the Lost Sea is still not known despite the efforts of teams of divers armed with modern exploration equipment. The visible portion of the lake is 800 feet long by 220 feet wide. Beneath the calm waters of the four-and-a-half acre lake, divers have discovered an even larger series of rooms completely filled with water. More than 13 acres of water have been mapped so far and still no end to the lake has been found!



## SEAFOOD

### Queen Helm's Salmon Croquettes

**1 (15½-ounce) can salmon**

**½ bell pepper, chopped**

**1 small onion, chopped**

**1 celery stalk, chopped**

**6 crackers, crushed**

**½ cup all-purpose flour**

**¼ cup milk**

**2 tablespoons cornmeal**

**1 egg, beaten**

**3 dashes Worcestershire**

**2½ cups vegetable oil**

Remove bone from salmon. In a bowl, mix salmon with remaining ingredients, except oil. Mold into patties. Heat oil in frying pan. Place patties in hot oil, and fry until golden brown on both sides. Yields 8 servings.

*Senior Leaders Cookbook*

### Tuna Burgers

**1 (6-ounce) can water-packed  
tuna, drained**

**½ cup soft bread crumbs**

**½ cup finely chopped celery**

**2 tablespoons minced onion**

**½ cup mayonnaise-type salad  
dressing**

**2 tablespoons chili sauce**

**1 teaspoon lemon juice**

Flake tuna in bowl. Add bread crumbs, celery, and onion; toss until mixed. Blend salad dressing, chili sauce, and lemon juice in small bowl. Add to tuna mixture; mix well. Shape into 5 patties. Place in preheated, lightly oiled skillet. Cook over low to medium heat 5 minutes on each side or until light brown. Serve plain or on buns with lettuce and tomato. Yields 5 servings.

Nutritional Analysis: Cal 127; Prot 10g; Carbo 8g; Fiber <1g; T Fat 6g; Chol 18mg; Sod 357mg. Dietary Exchanges: Meat 1; Fat 1½

*Answering the Call of Those in Need*

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 From mid-November through February, Gatlinburg becomes a winter wonderland when chandeliers of more than two million lights drape across the parkway on the main street and a 28-foot bell tower is set in the center of town. The event has been named the number one festival in the South.

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SEAFOOD

## *Festive Fettuccini with Scallops and Red Pepper Cream Sauce*

### **RED PEPPER CREAM SAUCE:**

3 large red bell peppers  
1/2 cup pine nuts or chopped pecans, toasted  
1/2 cup (2 ounces) grated Parmesan cheese

1/4 cup olive oil  
1 tablespoon minced garlic  
1 cup whipping cream  
Salt and pepper to taste

Arrange bell peppers on a baking sheet. Broil until blackened, turning frequently. Place bell peppers in a sealable plastic bag and seal tightly. Let stand 10 minutes. Peel, seed, and coarsely chop the peppers. Process bell peppers, nuts, cheese, olive oil, and garlic in food processor until bell peppers are finely chopped. Combine bell pepper mixture, whipping cream, salt and pepper in a bowl and mix well. Chill, covered, in refrigerator.

### **SCALLOPS:**

6 tablespoons olive oil  
1/4 cup dry white wine  
3 tablespoons minced garlic  
1 1/2 teaspoons oregano  
1/2 teaspoon seasoned salt

1/2 teaspoon paprika  
1/2 teaspoon chili powder  
1 1/2 pounds sea scallops  
1 pound spinach fettuccini  
Chopped fresh parsley to taste

Whisk olive oil, wine, garlic, oregano, seasoned salt, paprika, and chili powder in a bowl. Add scallops and toss to coat. Marinate, covered, in refrigerator 3-10 hours, stirring occasionally.

Cook pasta using package directions until al dente; drain. Cover to keep warm. Heat a heavy skillet over medium heat. Remove scallops from marinade; do not totally drain. Sauté scallops in hot skillet for 1 minute per side or until opaque. Heat Red Pepper Cream Sauce in a saucepan over low heat, stirring occasionally. Combine pasta with desired amount of the sauce in a pasta bowl and mix well. Top with scallops and sprinkle with parsley. Serve immediately. Serves 6.

**Provisions & Politics**

*Baked Scallops with Creamy Gruyère*

**1/2 cup** fresh bread crumbs  
**1 tablespoon** butter, melted  
**1 1/2 cups** shredded Gruyère  
cheese  
**1 cup** mayonnaise  
**1/4 cup** dry white wine  
**1 tablespoon** chopped fresh  
parsley

**1 pound** sea scallops, cut into  
quarters  
**4 tablespoons** butter, divided  
**8 ounces** fresh mushrooms,  
sliced  
**1/2 cup** chopped onion  
Paprika

Toss bread crumbs with 1 tablespoon melted butter in a bowl; set aside. Combine cheese, mayonnaise, wine, and parsley in a bowl; set aside. Cook scallops in 2 tablespoons butter in a medium skillet over medium-high heat until tender. Remove from skillet; drain well.

Cook mushrooms and onion in remaining 2 tablespoons butter in same skillet 3 minutes. Add to cheese mixture. Stir in scallops. Spoon into 6 individual baking shells or dishes. Sprinkle with bread crumb mixture.

Broil 6 inches from heat source 2-4 minutes or until lightly browned; do not over brown. Sprinkle with paprika. Yields 6 servings.

*Open House: A Culinary Tour*



## Cakes



PHOTO © LEE FOSTER

Elvis Presley, "King of Rock 'n Roll," was just twenty-two when he purchased Graceland in 1957. Located on 14 acres in Memphis, Graceland is the second most visited house in the country. (The White House is the first most visited house in the country.)

## Three-Layer Italian Cream Cake

Doubling the frosting is recommended for this cake. It is so good, you will want to be sure to have plenty!

$\frac{1}{2}$ cup (1 stick) butter, softened	1 teaspoon baking soda
$\frac{1}{2}$ cup shortening	1 cup buttermilk
2 cups sugar	1 teaspoon vanilla extract
5 eggs, separated	1 (3-ounce) can flaked coconut
2 cups flour	1 cup chopped pecans

Cream butter and shortening in mixing bowl until light and fluffy. Beat in sugar. Add egg yolks and beat well. Whisk flour and baking soda together. Add to creamed mixture alternately with buttermilk, mixing well after each addition. Stir in vanilla, coconut, and pecans. Fold in beaten egg whites. Pour into 3 greased and floured 8-inch cake pans. Bake at 350° for 25–30 minutes or until cake tests done. Cool in pan 10 minutes. Remove to a wire rack to cool completely.

### FROSTING:

1 (8-ounce) package cream cheese, softened	1 (1-pound) package confectioners' sugar
$\frac{1}{4}$ cup ( $\frac{1}{2}$ stick) margarine, softened	1 teaspoon vanilla extract

Beat cream cheese and margarine in mixing bowl until light and fluffy. Add confectioners' sugar and mix well. Beat in vanilla. Spread Frosting between layers and over top and sides of the cooled cake. Sprinkle top and sides with pecans. Yields 10 servings.

*Open House: A Culinary Tour*

CAKES

## *Italian Love Cake*

<b>1 (18<math>\frac{1}{4}</math>-ounce) package fudge marble cake mix</b>	<b>4 eggs</b>
<b>2 (15-ounce) containers ricotta cheese</b>	<b><math>\frac{3}{4}</math> cup sugar</b>
	<b>1 teaspoon vanilla</b>

Prepare cake mix according to package directions and pour into greased 9x13-inch baking pan. Combine ricotta, eggs, sugar, and vanilla in a large bowl. Blend well and drop by spoonfuls evenly over batter. Bake in preheated 350° oven for 1 hour. Remove and cool.

**ICING:**

<b>1 (3.5-ounce) box chocolate instant pudding</b>	<b>1 (8-ounce) container frozen whipped topping, thawed</b>
<b>1 cup milk</b>	

Combine pudding mix and milk in a medium bowl. Beat until thickened. Fold in whipped topping and spread over cooled cake. Refrigerate.

*Have You Heard...A Tasteful Medley of Memphis*



**Coca-Cola Cake**

2 cups flour  
 2 cups sugar  
 1 cup butter  
 3 tablespoons baking cocoa  
 1 cup Coca-Cola  
 $\frac{1}{2}$  cup buttermilk

2 eggs, beaten  
 1 teaspoon baking soda  
 1 teaspoon vanilla extract  
 $1\frac{1}{2}$ – $2\frac{1}{2}$  cups miniature marshmallows

Combine flour and sugar in mixer bowl; mix well. Heat butter, baking cocoa, and Coca-Cola in saucepan to boiling point, stirring constantly. Pour into flour mixture; beat well. Add buttermilk, eggs, baking soda, and vanilla; beat well. Stir in marshmallows. Spoon into greased and floured 9x13-inch cake pan. Bake at 350° for 30–40 minutes or until cake tests done. Spread Coca-Cola Icing over hot cake. Yields 12 servings.

**COCA-COLA ICING:**

$\frac{1}{2}$  cup butter  
 3 tablespoons baking cocoa  
 6 tablespoons Coca-Cola

1 (1-pound) package confectioners' sugar  
 1 cup chopped pecans

Combine butter, baking cocoa, and Coca-Cola in a saucepan. Bring to a boil, stirring constantly. Pour over confectioners' sugar in a mixer bowl; beat well. Fold in pecans.

*Dining in the Smoky Mountain Mist*

 Coca-Cola originated as a soda fountain beverage in 1886. Although sales were impressive, it wasn't until a strong bottling system began that Coca-Cola became the world-famous brand it is today. Coca-Cola was first bottled commercially in 1899 at a plant on Patten Parkway in downtown Chattanooga after two local attorneys purchased the bottling rights to the drink for \$1.00. And the rest, as they say, is history.

## Darn Good Chocolate Cake

Traditionally our Christmas Day birthday cake (Jesus' birthday).

1 (18½-ounce) chocolate fudge cake mix	1 cup (8 ounces) sour cream
1 (3.9-ounce) package chocolate instant pudding mix	½ cup warm water
4 large eggs	½ cup vegetable oil
	1½ cups semisweet chocolate chips

Place rack in center of oven and preheat oven to 350°. Grease and flour a 12-cup Bundt pan; set aside.

Place cake mix, pudding mix, eggs, sour cream, warm water, and oil in a large mixing bowl. Blend with an electric mixer on low speed for 1 minute. Scrape down sides of bowl with a rubber spatula. Increase mixer speed to medium and beat 2 additional minutes, scraping sides down again, if needed. The batter should look thick and well combined. Fold in chocolate chips, making sure they are well distributed throughout batter. Pour batter into prepared pan, smoothing it out with rubber spatula.

Bake cake until it springs back when lightly pressed with your finger and just starts to pull away from sides of pan (45–55 minutes). Remove pan from oven and place on wire rack to cool for 20 minutes. Invert onto serving platter.

### CHOCOLATE ICING:

1 cup granulated sugar	½ cup whole milk
5 tablespoons butter	1 cup semisweet chocolate chips

Place sugar, butter, and milk in a medium-size saucepan over medium-high heat. Stir until mixture comes to a boil (3–4 minutes). Still stirring, let mixture boil until sugar dissolves (1 minute). Remove pan from heat. Stir in chocolate chips and continue to stir until mixture is smooth and chocolate has melted. Spread icing over cooled cake.

**Sharing Our Best—Franklin**



## CAKES

### *Chocolate Chip Bundt Cake*

1 (18½-ounce) yellow cake mix	¾ cup water
3 eggs	1 tablespoon vanilla
¾ cup Wesson oil	1 (8-ounce) carton sour cream
1 (3.5-ounce) box chocolate instant pudding mix (large box if you prefer)	1 (12-ounce) bag semisweet chocolate chips

Mix all ingredients, except chocolate chips, with mixer until blended. Stir in chocolate chips. Pour into greased and floured Bundt pan and bake at 325° for 60 minutes.

*Food for the Flock Volume II*

### *Chocolate Cherry Cake*

1 (18½-ounce) package SuperMoist Chocolate Fudge Cake Mix	1 teaspoon almond extract
1 (20-ounce) can cherry pie filling	1 cup sugar
2 eggs	5 tablespoons butter ½ cup milk 1 (6-ounce) package chocolate chips

Place cake mix, pie filling, eggs, and almond extract in a medium bowl and mix by hand until blended. Pour into a greased 9x13-inch baking pan and bake in preheated 350° oven for 40 minutes. While cake is baking, combine sugar, butter, and milk in a small saucepan. Bring to a boil and boil for 1 minute. Reduce heat to low and add chocolate chips. Stir until chips are melted. Pour over hot cake.

*Have You Heard...A Tasteful Medley of Memphis*

CAKES

## *Black Label Fudge Cake*

*It makes a fudge sauce as it bakes!*

1 tablespoon butter	1 1/4 teaspoons vanilla
1 1/2 cups unsifted all-purpose flour	3/4 cup chopped walnuts
3/4 cup sugar	1/2 cup firmly packed brown sugar
1 tablespoon baking powder	1/4 cup Jack Daniel's Whiskey
4 tablespoons cocoa, divided	1/3 cup cold water
3/4 cup milk	Whipped cream or ice cream

Preheat oven to 325°. Place butter in 8x8-inch baking pan; melt in oven. Remove from oven; set aside. In medium bowl, combine flour, sugar, baking powder, and 2 tablespoons cocoa. Blend in milk and vanilla. Stir in nuts. Spread into pan with melted butter. Evenly sprinkle batter with brown sugar, mixed with remaining 2 tablespoons cocoa. Pour whiskey and cold water evenly over top of cake. Bake 20-25 minutes, or until cake is firm with a fudgy sauce on top. Serve warm with whipped cream or ice cream. Makes 4-6 servings.

**Jack Daniel's The Spirit of Tennessee Cookbook**

*Used by permission of Rutledge Hill Press, Nashville, TN*



## Peanut Butter Sheet Cake

1 cup water

½ cup oil

½ cup creamy peanut butter

½ cup butter

2 cups all-purpose flour

1 teaspoon baking soda

2 cups sugar

2 eggs

½ cup milk

1 teaspoon vanilla

Combine water, oil, peanut butter, and butter in saucepan. Cook over medium heat, stirring constantly until smooth. Combine flour, baking soda, and sugar in a large bowl. Add eggs, milk, and vanilla. Beat at low speed until blended. Add peanut butter mixture and mix well. Pour batter into greased and floured 9x13-inch pan. Bake at 375° for 25 minutes. Cool.

### PEANUT BUTTER FROSTING:

½ cup creamy peanut butter

½ cup butter

½ cup milk

4¾ cups sifted powdered sugar

1 teaspoon vanilla

Combine peanut butter, butter, and milk in medium saucepan. Cook over medium heat, stirring constantly until smooth. Remove from heat. Add powdered sugar and vanilla. Stir until mixture is spreadable. Frost cake. Yields 15 servings.

*Linen Napkins to Paper Plates*

## CAKES

### *Greek Marble Cake*

<b>1 cup butter (or <math>\frac{1}{2}</math> cup Crisco and <math>\frac{1}{2}</math> cup butter), softened</b>	<b>3 cups sifted flour</b>
<b>2 cups sugar</b>	<b>1 cup milk</b>
<b>4 eggs</b>	<b>1 teaspoon cinnamon</b>
<b>1 teaspoon baking soda</b>	<b>1 teaspoon nutmeg, divided</b>
<b>1 shot glass whiskey</b>	<b>3 tablespoons cocoa</b>
	<b>Confectioners' sugar</b>

Cream butter; add sugar. Add eggs, beating after each addition. Add soda, melted in whiskey. Sift flour and add alternately with milk.

Separate the batter into  $\frac{3}{4}$  and  $\frac{1}{4}$  portions. Into the  $\frac{1}{4}$  portion, add cinnamon,  $\frac{1}{2}$  teaspoon nutmeg, and cocoa. Into the  $\frac{3}{4}$  portion, add remaining  $\frac{1}{2}$  teaspoon nutmeg. Pour into greased and floured large Bundt pan, putting in 2 parts white batter and 1 part chocolate. Marble the chocolate into the white. Shake the pan to even it out.

Bake in hot 375° oven. Start testing by pressing the cake, at about 50 minutes. If it springs back, it is done. Cook no more than an hour. Turn out of pan, and while still warm, dust with confectioners' sugar.

### *Friends and Family: Recipes & Remembrances*

 Which came first, the Parthenon or the nickname Athens of the South? An East Coast educator, Philip Lindsley is credited with first calling Nashville the "Athens of the South" in the 1840s. This moniker was inspired by Nashville's dedication to education and because many schools focused on a classical education including Latin. Today, Nashville boasts the world's only full-sized reproduction of the Parthenon, the famous Greek building in Athens, Greece. Nashville first undertook the construction of a full-scale replica of the Parthenon for the Tennessee Centennial Exposition of 1897. The exposition celebrated 100 years of Tennessee's statehood. Once started, the Tennessee Centennial was a huge success with approximately 1.8 million people in attendance over the six-month period.

*Chess Cake*

<b>1 (18½-ounce) box yellow cake mix</b>	<b>1 (8-ounce) package cream cheese, softened</b>
<b>3 eggs, divided</b>	<b>1 (1-pound) box confectioners' sugar</b>
<b>1½ sticks margarine, softened</b>	

Combine cake mix, 1 egg, and margarine. Mix until moistened. Press into greased 9x13-inch pan, spreading evenly. Combine cream cheese, remaining 2 eggs, and confectioners' sugar. Mix until smooth; pour on top of cake mixture. Bake at 325° for 30-40 minutes. Cool. Cut into small pieces.

*Country Favorites*

*Butternut Cake*

<b>2 sticks butter, softened</b>	<b>1 cup buttermilk</b>
<b>2 cups sugar</b>	<b>2 cups flour</b>
<b>1 teaspoon baking soda</b>	<b>3 teaspoons butternut flavoring</b>
<b>¼ teaspoon salt</b>	<b>3 eggs, separated</b>

Cream butter and sugar thoroughly. Mix baking soda and salt in buttermilk until foamy. Add small amount to creamed mixture alternately with flour. Mix after each addition. Add flavoring and egg yolks, one at a time. Beat egg whites until stiff; gently fold into mixture. Bake in greased and floured tube pan 1 hour at 350° or until done. Frost with Icing.

**ICING:**

<b>1 stick butter or margarine, softened</b>	<b>1 (1-pound) box confectioners' sugar</b>
<b>1 (8-ounce) package cream cheese, softened</b>	<b>1 teaspoon butternut flavoring</b>
	<b>1 cup chopped nuts</b>

Cream together butter and cream cheese. Gradually add sugar and flavoring. Stir in nuts. Frost cake.

*Nothing Says Loving Like Something from the Kitchen*

## Coconut Sour Cream Cake

<b>1 (18<math>\frac{1}{4}</math>-ounce) package white cake mix</b>	<b>1 (8<math>\frac{1}{2}</math>-ounce) can cream of coconut</b>
<b>1 (8-ounce) carton sour cream</b>	<b>1 tablespoon coconut flavoring</b>
<b><math>\frac{1}{4}</math> cup oil</b>	<b><math>\frac{1}{2}</math> cup milk</b>
<b><math>\frac{1}{2}</math> cup sugar, divided</b>	<b><math>\frac{1}{2}</math> teaspoon vanilla flavoring</b>
<b>3 egg whites</b>	

Mix cake mix, sour cream, oil,  $\frac{1}{4}$  cup sugar, egg whites, cream of coconut, and coconut flavoring with electric mixer as directed on box of cake mix. Bake in greased and floured 9x13-inch pan 30 minutes at 300°. While still warm, punch holes in cake using a toothpick. Boil milk with remaining  $\frac{1}{4}$  cup sugar and vanilla flavoring. Pour over warm cake. Ice with Coconut Icing.

### COCONUT ICING:

<b>1 (1-pound) box powdered sugar</b>	<b>1 teaspoon vanilla</b>
<b>1 (8-ounce) package cream cheese, softened</b>	<b>1 (8-ounce) package frozen coconut</b>
<b>2 tablespoons milk</b>	

Beat powdered sugar into softened cream cheese, then beat in milk and vanilla. Ice cake, then sprinkle coconut over.

*Treasures from Heaven*



## Coconut Almond Fruit Cake

As it was made for Lieutenant General James Longstreet. General Robert E. Lee considered Longstreet to be his most reliable commander and affectionately dubbed him Old War Horse.

<b>1/2 cup butter, softened</b>	<b>1/4 teaspoon vanilla</b>
<b>1 cup sugar</b>	<b>1 1/2 cups flour</b>
<b>2/3 cup grated coconut</b>	<b>1/4 teaspoon salt</b>
<b>2/3 cup chopped almonds</b>	<b>2 teaspoons baking powder</b>
<b>1/4 cup candied lemon peel</b>	<b>1 cup cream</b>
<b>1/4 cup candied orange peel</b>	<b>3 egg whites, beaten</b>

Using a fork, cream butter and sugar in wooden mixing bowl. Add coconut, chopped almonds, candied lemon and orange peels, and vanilla. Stir everything together well. Sift together in a separate bowl the flour, salt, and baking powder. Add this, alternately with cream to ingredients in first bowl. Blend thoroughly. Lastly, fold in stiffly beaten egg whites. Put batter into a well-greased 5x9-inch loaf pan. Bake at 350° about 30 minutes.

*Historical Thanksgiving Cookery*

## Irene's Bahama Rum Cake

<b>1/2 cup chopped pecans</b>	<b>1/4 cup white sugar</b>
<b>2 1/2 cups flour</b>	<b>1 1/2 cups butter, softened</b>
<b>3/4 teaspoon baking powder</b>	<b>2/3 cup milk</b>
<b>1/4 teaspoon salt</b>	<b>1/4 cup dark rum</b>
<b>16 ounces light brown sugar</b>	<b>4 eggs</b>

Grease 2 Bundt pans or 2 (4x8-inch) loaf pans. Sprinkle bottom with pecans. Combine flour, baking powder, and salt. Add next 6 ingredients. Beat on medium for 3 minutes. Pour into pans. Bake at 325° for 50-55 minutes. Cool 15 minutes.

### GLAZE:

<b>1 1/2 cups sugar</b>	<b>2 tablespoons rum</b>
<b>1/4 cup butter</b>	

Boil sugar, butter, and rum 3 minutes. Drizzle over cake.

*Treasures from Heaven Volume II*

*Mother's Jam Cake***4 cups sifted flour****1 teaspoon each: nutmeg, cloves,  
cinnamon, and allspice****1 cup butter, softened****2 cups sugar****1 cup buttermilk****1 teaspoon baking soda****5 eggs****2 cups blackberry jam with  
seeds****Chopped nuts (optional)**

Sift flour with spices and set aside. Cream butter and sugar well; add buttermilk and soda alternately with flour. Beat eggs, then add jam and nuts, if desired; mix well with flour mixture. Grease sides of 3 (8x8-inch) cake pans; put wax paper in bottom. Pour batter into prepared pans and bake in 350° oven for 25-30 minutes. Good with Mother's Butter Icing or Caramel Icing.

**MOTHER'S BUTTER ICING:****2 cups sugar****1 cup butter****½ cup cream****½ teaspoon vanilla**

Cook first 3 ingredients together until it forms a soft ball. Take off heat and cool. Add ½ teaspoon vanilla and beat. Pour over cake.

**CARAMEL ICING:****2 cups sugar****½ cup buttermilk****1 teaspoon baking soda****Pinch of salt****1 tablespoon Karo syrup****¼ pound butter**

Mix all ingredients together in a large pan as it boils up a lot. Cook until it forms a soft ball dropped in cool water. Beat until of spreading consistency. Spread on cake. This icing can also be used as candy.

***First Sunday Cookbook***


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In 1951, a young blues guitarist named Riley King had his first hit song titled "3 O'Clock Blues." The song was so successful that promoters whisked the young man from his Memphis home to the big stages and bright lights of New York City, where he shortened his stage name from Beale Street Blues Boy to "B.B."

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## Martha White Jammin' Opry Birthday Cake

**2½ cups** Martha White  
All-Purpose Flour  
**1 teaspoon** cinnamon  
**½ teaspoon** allspice  
**½ teaspoon** ground cloves  
**½ teaspoon** salt

**¼ teaspoon** baking soda  
**1½ cups** (2½ sticks) butter  
**1½ cups** packed brown sugar  
**1 cup** chopped black walnuts  
**1 cup** seedless strawberry jam  
**4 eggs**, lightly beaten

Grease bottom of a 9x13-inch cake pan. Spoon flour gently into a measuring cup and level off. Combine flour, cinnamon, allspice, cloves, salt, and baking soda in a bowl and mix well. Heat butter in a 3-quart saucepan over low heat until melted. Remove from heat. Add brown sugar, black walnuts, jam, eggs, and flour mixture gradually, mixing well after each addition. Spoon batter into prepared pan. Bake at 350° for 35–40 minutes or until wooden pick inserted in center comes out clean. Cool in pan on a wire rack 45 minutes.

### CARAMEL ICING:

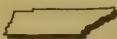
**¼ cup** (½ stick) butter  
**½ cup** packed dark brown  
sugar

**¼ cup** milk  
**1 teaspoon** vanilla extract  
**2 cups** confectioners' sugar

Heat butter in a medium saucepan over medium-low heat until melted. Stir in brown sugar. Cook for 2 minutes, stirring constantly. Add milk and mix well. Bring to a boil, stirring constantly. Remove from heat. Stir in vanilla. Add confectioners' sugar gradually, mixing constantly until smooth. Add additional milk 1 teaspoon at a time, if needed, until of the desired consistency. Spread over cake. Yields 15 servings.

*Once Upon a Recipe*

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 Nashville's Grand Ole Opry is the longest continuously-running live radio program in the world. It has broadcast every Friday and Saturday night since 1925. The Grand Ole Opry was televised for the first time in 1950.

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## CAKES

### Strawberry Cake

Make this cake one day in advance so it gets good and gooey!

1 (18 $\frac{1}{4}$ -ounce) box white cake mix	$\frac{1}{2}$ cup vegetable oil
1 (3-ounce) package strawberry gelatin	1 cup chopped strawberries
	4 eggs

In a large mixing bowl, combine cake mix and gelatin. Add oil and strawberries. Add eggs, one at a time, beating well after each addition. Pour batter into greased 9x13-inch baking pan. Bake at 350° for 30-35 minutes.

#### GLAZE:

1 (1-pound) box powdered sugar	$\frac{3}{4}$ cup chopped strawberries
1 stick butter, melted	

Combine Glaze ingredients and spoon over cooled cake.

*Sharing Our Best—Franklin*

### Church Social Cake

$\frac{1}{2}$ stick butter	$\frac{1}{2}$ cup shredded coconut
2 (21-ounce) cans country apple filling	1 $\frac{1}{2}$ cups quick oatmeal
1 (18 $\frac{1}{4}$ -ounce) box spice cake mix	1 cup chopped walnuts or pecans
	$\frac{1}{3}$ cup sugar
	2 sticks butter, melted

Grease a 9x13-inch baking dish with butter. Pour apple filling into dish and spread evenly. Spread cake mix over apple filling to an even thickness. Spread coconut and oats over cake mix to an even thickness. Sprinkle chopped nuts and sugar over entire mixture. Pour butter over entire cake, and bake at 375° for 50-60 minutes or until done.

*Favorite Recipes Home-Style*

**Soft Fruit Cake**

A Johnston family favorite. Jefferson Davis, President of the Confederacy, regarded General Albert Sidney Johnston to be "the greatest soldier . . . then living."

<b>2/3 cup chopped dried apricots</b>	<b>2 1/4 cups flour</b>
<b>1 cup chopped dried apple slices</b>	<b>1 teaspoon baking soda</b>
<b>1 cup chopped prunes</b>	<b>1 teaspoon nutmeg</b>
<b>1 cup chopped dried figs</b>	<b>1/2 teaspoon cloves</b>
<b>2 1/4 cups sugar, divided</b>	<b>1/2 teaspoon cinnamon</b>
<b>3/4 cup water</b>	<b>3 teaspoons baking powder</b>
<b>3/4 cup butter</b>	<b>1 teaspoon salt</b>
<b>1/2 cup crushed peanuts</b>	<b>2 tablespoons shredded orange</b>
<b>3 eggs, well beaten</b>	<b>peel</b>
<b>3/4 cup milk</b>	<b>2 teaspoons vanilla</b>

Put into a kettle the chopped apricots, apple slices, prunes, figs, and raisins. Add  $1/2$  cup sugar and water. Stir together and bring to boil. Cover and let simmer 10 minutes. Take kettle from stove. Drain off liquid and discard. Set fruit mixture aside to cool. Put remaining  $1\frac{3}{4}$  cups sugar and butter in a wooden mixing bowl and beat until creamy. Add crushed peanuts and mix well. Blend in beaten eggs and milk.

Sift some flour into a separate bowl. Measure  $2\frac{1}{4}$  cups. Sift again into first bowl with baking soda, nutmeg, cloves, cinnamon, baking powder, and salt. Add fruits. Blend everything thoroughly. Lastly, stir in shredded orange peel and vanilla. Line a large tube pan with oiled paper. Pour mixture into pan. Bake at  $325^{\circ}$  for 1 hour. Reduce temperature to  $250^{\circ}$  and continue baking 30 minutes more.

***Historical Christmas Cookery***

*Old Fashioned Stack Cake*

**2 cups sugar**  
**1 cup butter or shortening, softened**  
**2 eggs**  
**6 cups sifted all-purpose flour**

**1 teaspoon baking soda**  
**3 teaspoons baking powder**  
**1 teaspoon salt**  
**½ cup buttermilk**  
**1 teaspoon vanilla**

Cream sugar and butter or shortening together. Add eggs one at a time, beating well after each addition. Sift flour, baking soda, baking powder, and salt together. Add alternately to batter with buttermilk and vanilla. Chill dough 3-4 hours. Divide dough into 6 or 7 equal parts. Use well-floured board, on which to roll out layers. Bake layers on cookie sheet 10-15 minutes at 450° until slightly browned. Spread each layer with Apple Filling. Do not spread filling on top layer. Let stand in a covered container at least 12 hours before cutting.

**APPLE FILLING:**

**1 pound dried apples**  
**1 cup brown sugar**  
**1 cup white sugar**

**2 teaspoons cinnamon**  
**½ teaspoon allspice**

Wash apples; cover with water and cook until tender. Drain. Mash thoroughly. Add sugars and spices. Cool before spreading between layers.

*The Apple Barn Cookbook*



## Mama Ford's Applesauce Cake

This recipe is from Tennessee Ernie Ford.

1 pound seedless raisins	1 teaspoon cloves
5 cups sifted Martha White plain flour	1/2 teaspoon salt
2 teaspoons baking soda	1 cup butter, softened
1 teaspoon baking powder	3 cups packed light brown sugar
1 teaspoon cinnamon	2 cups applesauce
	1 cup chopped black walnuts

Pour boiling water over raisins; let stand to soften. Sift flour, soda, baking powder, cinnamon, cloves, and salt into bowl. Cream butter in large mixing bowl until fluffy. Beat in brown sugar, then applesauce until smooth and light. Blend in flour mixture gradually; mix just until there are no dry particles left. Drain raisins; fold with walnuts into batter. Turn batter into greased and floured tube pan. Bake at 325° for 1 hour and 50 minutes. Let cake cool completely in pan.

**Note:** This cake is better if allowed to "age" a few days. It slices easier if it is refrigerated for several hours. It may be wrapped and frozen.

**Good Cooking!**



***Delicious Apple Cake*****1 1/4 cups oil****2 cups sugar****2 large eggs****1 teaspoon vanilla****2 1/2 cups all-purpose flour****1 teaspoon salt****1 teaspoon baking soda****2 teaspoons baking powder****1 cup chopped pecans****3 cups chopped, peeled raw apples**

Beat together oil, sugar, and eggs until creamy; add vanilla. Sift together flour, salt, soda, and baking powder. Add a small amount of the flour mixture to creamed mixture. Beat well after each addition. When all flour has been added, fold in pecans and apples. Spread evenly in a wax paper-lined 9x13-inch cake pan. Bake in 350° oven 55-60 minutes. Turn onto cake rack. Cool and frost, if desired, with Caramel Frosting. Cake freezes well with or without frosting.

**CARAMEL FROSTING:****1/2 cup butter****1/2 teaspoon salt****2 tablespoons evaporated milk****1 cup firmly packed dark brown sugar****Confectioners' sugar, sifted**

Measure butter, salt, evaporated milk, and brown sugar into a small saucepan. Heat lightly just to melt butter. Mix until sugar dissolves. Add enough confectioners' sugar to make right consistency to spread.

***Cooking with Friends—Curry Chapel***

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Piggly Wiggly, the world's first self-service grocery store, opened in Memphis in 1916. In grocery stores of that time, shoppers presented their orders to clerks who gathered the goods from the store shelves. Despite predictions that this new kind of store would fail, this method of allowing shoppers to serve themselves revolutionized the entire grocery industry.

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**Walnut Cake****1 (18 $\frac{1}{4}$ -ounce) package yellow cake mix****1 cup chopped black walnuts  
1 cup pancake syrup**

Prepare cake according to directions on package. Stir in nuts, and pour into buttered 9x13-inch pan. Pour syrup over batter. Do not stir. Bake according to package directions. Serve warm. Top with whipped cream.

*The Complete "I Can't Cook Cookbook"*

**Apple-Walnut Cake  
with Cream Cheese Frosting****1 $\frac{2}{3}$  cups sugar****2 eggs** **$\frac{1}{2}$  cup vegetable oil****2 teaspoons vanilla extract****2 cups all-purpose flour****2 teaspoons baking soda****1 $\frac{1}{2}$  teaspoons cinnamon****1 teaspoon salt** **$\frac{1}{2}$  teaspoon nutmeg****4 cups chopped apples****1 cup chopped walnuts**

Beat sugar and eggs in mixer bowl until smooth. Add oil and vanilla and mix well. Combine flour, baking soda, cinnamon, salt, and nutmeg in bowl and mix well. Add dry ingredients to sugar mixture and mix well. Stir in apples and walnuts. Pour batter into greased 9x13-inch baking pan. Bake at 350° for 50-55 minutes or until cake tests done. Let stand on wire rack to cool completely. Spread Cream Cheese Frosting over cake. Yields 15 servings.

**CREAM CHEESE FROSTING:****6 ounces cream cheese, softened****1 teaspoon vanilla extract****3 tablespoons margarine or****1 $\frac{1}{2}$  cups confectioners' sugar****butter, softened**

Beat cream cheese, margarine, and vanilla in mixer bowl until smooth. Add confectioners' sugar, beating until frosting reaches spreading consistency.

*The Apple Barn Cookbook II*

## CAKES

### *Harvest Loaf Cake*

*The combination of pumpkin, chocolate, nuts, and spices makes this an incredibly moist, dense, and delicious loaf. Frances Fox of Cliff Dwellers Gallery serves this loaf during the annual Great Smoky Arts & Crafts Community's Heritage Days open house in August.*

#### **LOAF:**

<b>½ cup margarine, softened</b>	<b>½ teaspoon nutmeg</b>
<b>1 cup sugar</b>	<b>¼ teaspoon ginger</b>
<b>2 eggs</b>	<b>¼ teaspoon ground cloves</b>
<b>1 ¾ cups flour</b>	<b>1 (16-ounce) can pumpkin</b>
<b>1 teaspoon baking soda</b>	<b>¾ cup chopped nuts, divided</b>
<b>½ teaspoon salt</b>	<b>¾ cup chocolate chips</b>
<b>1 teaspoon cinnamon</b>	

Preheat oven to 350°. Grease a 5x9-inch loaf pan. Cream margarine; add sugar and blend in eggs. Combine flour, baking soda, salt, and spices. Add dry ingredients alternately with pumpkin. Fold in nuts and chocolate chips. Pour into loaf pan. Bake 70–80 minutes. Drizzle with Glaze and sprinkle with additional chopped nuts.

#### **GLAZE:**

<b>½ cup powdered sugar</b>	<b>¼ teaspoon cinnamon</b>
<b>½ teaspoon nutmeg</b>	<b>2 tablespoons cream</b>

Combine powdered sugar, nutmeg, and cinnamon. Blend in cream to desired consistency.

### *Whop Biscuits & Fried Apple Pie*

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Popular for its ability to stride faultlessly over hills and through valleys of the rocky middle Tennessee terrain, the Tennessee Walking Horse, bred largely in middle Tennessee, is famous nationwide for its distinctively smooth gait. The Tennessee Walking Horse performs these three gaits: the flat foot walk, running walk, and canter.

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## Coffee Loaf Cake

*Mrs. Hooker's special Christmas treat. Major General Joseph Hooker was aptly called Fightin' Joe as a result of his many daring exploits on the battlefield during the Civil War.*

<b>3/4 cup butter, softened</b>	<b>1/2 teaspoon mace</b>
<b>2 1/4 cups brown sugar</b>	<b>1/2 teaspoon cinnamon</b>
<b>3 ounces unsweetened</b>	<b>1/2 teaspoon salt</b>
<b>chocolate, melted</b>	<b>1 cup strong coffee, black and</b>
<b>3 cups flour</b>	<b>cold</b>
<b>4 teaspoons baking powder</b>	<b>4 eggs</b>

Put butter and brown sugar in a large wooden mixing bowl. Beat together until they are nicely creamed. Stir in melted chocolate. Sift together in a separate mixing bowl the flour, baking powder, mace, cinnamon, and salt. Stir this in with ingredients in first bowl, alternately, with cold coffee. Drop in eggs, one at a time, beating each in thoroughly. Set aside momentarily. Grease and lightly flour a large loaf pan. Put mixture in pan. Bake at 350° about 50 minutes. When done, let cake cool in pan. Then turn out on plate. Cover entire cake with Special Coffee Frosting.

### SPECIAL COFFEE FROSTING:

<b>1 cup very strong black coffee</b>	<b>2 cups chopped walnuts</b>
<b>1 tablespoon vanilla</b>	
<b>Powdered sugar, as required</b>	

**(about 1 pound)**

Put cold black coffee and vanilla in a wooden mixing bowl. Beat in powdered sugar until mixture becomes stiff enough to spread. Spread liberally on top and sides of cake. Sprinkle top of cake thickly with chopped walnuts.

*Historical Christmas Cookery*

## Coffee Butterscotch Cake

As made by Mrs. Forrest. General Nathan Bedford Forrest was one of the most outstanding cavalry leaders of the Civil War. He became so well-known that his name came to symbolize the entire Confederate cause.

<b>½ cup butter</b>	<b>1¾ cups flour</b>
<b>1½ cups brown sugar</b>	<b>2½ teaspoons baking powder</b>
<b>2 eggs</b>	<b>¼ teaspoon baking soda</b>
<b>1 teaspoon vanilla extract</b>	<b>½ cup cold strong coffee</b>

Using a fork, cream butter in a wooden mixing bowl. Slowly stir in brown sugar. Add unbeaten eggs, one at a time, beating mixture well after each addition. Lastly, stir in vanilla. Sift together in a separate bowl the flour, baking powder, and baking soda. Add dry ingredients, alternately with coffee, to first bowl. Blend everything thoroughly. Put batter into a well-greased, 8-inch-square baking pan. Bake at 350° about 50 minutes. When done, set aside to cool. When cold, cover top with favorite frosting.

*Historical Thanksgiving Cookery*

## Jell-O Cake

<b>1 (18½-ounce) white cake mix</b>	<b>2 cups boiling water</b>
<b>1 (6-ounce) package Jell-O (any flavor)</b>	<b>1 (8-ounce) carton Cool Whip</b>

Cook cake in 9x13-inch greased pan as directed on box; let cool. Poke holes in cake with handle of a wooden spoon. Dissolve Jell-O with boiling water and pour over cooled cake. Chill for 3-4 hours. Top with Cool Whip.

*Toast to Love*

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 Big Cypress Tree State Natural Area is a 270-acre natural area located in Weakley County. The remains of the largest cypress tree in the United States is found at the Big Cypress. The stately cypress, referred to as the Tennessee Titan, measured 175 feet tall, 40 feet in circumference, and 13 feet in diameter. Estimated to be 1,350 years old, all that remains now of this large bald cypress tree is a stump. The tree died when it was struck by lightning in July of 1976.

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## Miss Daisy's Five Flavor Pound Cake

*This cake has become my signature recipe.*

<b>1 cup butter or margarine, softened</b>	<b>1 cup milk</b>
<b>½ cup vegetable shortening</b>	<b>1 teaspoon coconut extract</b>
<b>3 cups sugar</b>	<b>1 teaspoon rum extract</b>
<b>5 eggs, well beaten</b>	<b>1 teaspoon butter extract</b>
<b>3 cups all-purpose flour</b>	<b>1 teaspoon lemon extract</b>
<b>½ teaspoon baking powder</b>	<b>1 teaspoon vanilla extract</b>

Preheat oven to 325°. Grease a 10-inch tube pan. In a large bowl, mix butter, shortening, and sugar until light and fluffy. In a small bowl, beat eggs until lemon colored. Add to butter mixture. In a large bowl, combine flour and baking powder. Add to butter mixture alternately with milk. Stir in flavorings. Spoon mixture into prepared pan and bake 1 hour and 30 minutes, or until cake tests done. Add Glaze, if desired, or cool in pan for about 10 minutes before turning out. Yields 15–20 servings.

### GLAZE:

<b>1 cup sugar</b>	<b>1 teaspoon lemon extract</b>
<b>½ cup water</b>	<b>1 teaspoon rum extract</b>
<b>1 teaspoon coconut extract</b>	<b>1 teaspoon vanilla extract</b>
<b>1 teaspoon butter extract</b>	

In a saucepan, combine all ingredients and bring to a boil. Pour over hot cake while still in pan. Let cake sit in pan until cool.

*Recipes from Miss Daisy's*

**Coconut Pound Cake**

**1 stick butter, softened  
1 stick margarine, softened  
2 cups sugar  
5 eggs  
1 teaspoon coconut flavoring  
2 cups flour**

**1 teaspoon salt  
1/2 teaspoon baking powder  
1/2 cup milk  
1 (3 1/2-ounce) can flaked  
coconut**

Cream butter, margarine, and sugar well. Add eggs, one at a time, beating well after each. Add flavoring. Sift dry ingredients together. Add alternately with milk, beginning and ending with dry ingredients. Fold in coconut by hand. Bake in well-greased tube pan at 300° for 15 minutes, then raise temperature to 350° and bake until done, another 40-50 minutes.

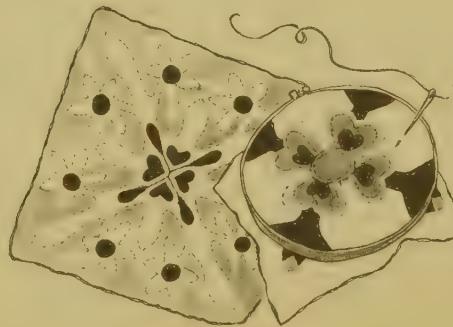
**GLAZE:**

**1 cup sugar  
1/2 cup water**

**1 teaspoon coconut flavoring**

Cook ingredients, stirring until sugar dissolves. Boil one minute. Spoon over warm fork-pierced cake while still in pan. Do not remove cake from pan until completely cool.

***Country Favorites***



## White Chocolate and Lime Mousse Cake

### CRUST:

**2 cups ground gingersnap cookies (about 38 cookies)**  
**2 tablespoons sugar**

**5 tablespoons unsalted butter, melted**

Combine cookie crumbs and sugar in food processor. Add butter and pulse process until moist clumps form. Press mixture into bottom and 1 inch up sides of a 10-inch springform pan.

### FILLING:

**½ cup Key lime juice**  
**1 (¼-ounce) envelope unflavored gelatin**  
**½ cup heavy cream**  
**9 ounces white chocolate, chopped**  
**1 (8-ounce) package cream cheese, softened**

**2 (8-ounce) packages reduced-fat cream cheese, softened**  
**1 cup sugar**  
**3 tablespoons lime zest**  
**2 cups heavy cream, chilled and whipped**

Place lime juice in a glass bowl. Sprinkle gelatin over top to soften. Bring cream to a simmer in a heavy medium-size saucepan. Remove from heat and add white chocolate. Stir until melted and smooth. Stir in gelatin mixture. Cool slightly. In a large bowl, beat cream cheese, sugar, and lime zest with an electric mixer until blended. Slowly beat in white chocolate mixture. Fold in whipped cream. Pour Filling over Crust in pan. Cover and refrigerate overnight or up to 2 days. Release sides of pan from cake. Transfer to a cake platter and serve. Yields 12–14 servings.

### Key Ingredients

*Amaretto Cheesecake*

**1½ cups graham cracker crumbs  
2 tablespoons plus 1 cup sugar, divided  
1 teaspoon cinnamon  
¼ cup plus 2 tablespoons butter, melted**

In a mixing bowl, combine graham cracker crumbs, 2 tablespoons sugar, cinnamon, and butter. Mix well. Press mixture into bottom and sides of a 9-inch springform pan. In large bowl, beat cream cheese with remaining 1 cup sugar, mixing well. Add eggs one at a time, beating well after each addition. Stir in amaretto. Pour filling into crust. Bake at 375° for 45 minutes or until set.

**TOPPING:**

<b>1 cup sour cream</b>	<b>¼ cup sliced toasted almonds</b>
<b>1 tablespoon plus 1 teaspoon sugar</b>	<b>1 (1½-ounce) chocolate bar, grated</b>
<b>1 tablespoon amaretto liqueur</b>	

In a separate bowl, combine sour cream, sugar, and amaretto. Stir well and spoon mixture over cheesecake. Bake at 500° for 5 minutes. Let cheesecake cool, then refrigerate for 24 hours. Garnish with almonds and grated chocolate before serving. Makes 8–10 servings.

**Fit for a King**

*Used by permission of Rutledge Hill Press, Nashville, TN*

 Where do elephants go when they retire? The Elephant Sanctuary in Hohenwald, founded in 1995, is the nation's largest natural habitat refuge specifically developed to provide a haven for old, sick, or needy elephants retired from circuses and zoos. The Elephant Sanctuary encompasses 2700 acres of old-growth forest and pasture, springs, ponds, streams, and a 25-acre lake on the outskirts of Hohenwald, just 85 miles southwest of Nashville.

## Orange Blossoms

These delicious treats are wonderful to serve at any kind of shower or tea. And they make a wonderful gift for that someone special. They are so easy to prepare in advance, but people will think you have been working all day.

<b>1 (18½-ounce) package yellow cake mix</b>	<b>2/3 cup fresh lemon juice</b>
<b>2 (1-pound) packages confectioners' sugar</b>	<b>1½ cups orange juice</b>

Prepare cake mix according to package directions. Spoon batter into greased miniature muffin tins and bake according to package directions for miniature muffin tins.

Combine confectioners' sugar, lemon juice, and orange juice in a bowl, and mix well until confectioners' sugar is dissolved. Remove muffins from tins immediately. Dip hot muffins in the sugar and juice mixture and place on wax paper on a baking sheet. Chill until serving time. Serve cold. Yields 12-15 servings.

**Note:** The blossoms freeze well. Remove from freezer 1 hour prior to serving. Orange Blossoms are best when prepared in miniature muffin tins or muffin top tins. Standard size muffin tins are too large to allow the confectioners' sugar mixture to saturate the blossoms. You may need to reduce the cooking time for muffin top tins and watch them closely to prevent them from getting too brown.

**Marvelous Morsels**



## ***Cookies and Candies***

PHOTO © SEE ROCK CITY, INC.



*Featuring unique rock formations and lush gardens, Rock City is best known for the legendary view of seven states from Lover's Leap at Lookout Mountain.*



## COOKIES

### *Holiday Fruit Cookies*

**1 cup shortening  
2 cups brown sugar  
2 eggs  
½ cup buttermilk  
3½ cups flour, sifted  
1 teaspoon baking soda**

**1 teaspoon salt  
1½ cups broken nuts  
2 cups candied cherries, cut in  
small pieces  
2 cups dates, cut in small pieces**

Mix shortening, sugar, and eggs; add buttermilk. Sift in flour, soda, and salt; stir in nuts, cherries, and dates. Chill. Drop from spoon onto greased baking sheet, and bake at 400° for 8-10 minutes.

***What's Cookin' in Jean's Kitchen?***

### *Sour Cream Cookies*

**2½ cups flour  
1½ teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
¼ teaspoon allspice  
¼ teaspoon nutmeg  
½ cup chopped nuts (more if  
desired)**

**½ cup raisins  
½ cup butter or margarine,  
softened  
⅔ cup firmly packed light brown  
sugar  
1 egg, unbeaten  
¼ cup sour cream**

Sift all dry ingredients together. Cream butter and sugar; add egg and beat well. Add dry ingredients, alternately with sour cream. Drop cookies onto greased cookie sheet; bake at 375° for 10-12 minutes.

***Smoky Mountain Magic***

## COOKIES

### *Jelly Bean Cookies*

**½ cup butter or shortening, softened  
½ cup sugar  
½ cup firmly packed light brown sugar  
1 egg  
½ teaspoon baking soda**

**½ teaspoon baking powder  
½ teaspoon salt  
½ teaspoon vanilla  
1 ¼ cups flour  
½ cup rolled oats  
1 cup chopped jelly beans**

Cream together butter and sugars. Beat in egg, baking soda, baking powder, salt, and vanilla. Stir in flour and oats. Add cut-up jelly beans. Heat oven to 375°. Drop rounded spoonfuls of batter about 2 inches apart onto lightly greased cookie sheet. Bake 10–12 minutes or until lightly brown. Makes 3–3½ dozen cookies.

*Dining with Pioneers Volume I*

### *Clara's Orange No-Bake Cookies*

**¾ pound powdered sugar  
1 (1-pound) package vanilla wafers, crumbled very fine  
1 stick margarine or butter, melted**

**1 cup chopped nuts  
1 (6-ounce) can frozen orange juice  
1 (7-ounce) bag coconut**

Mix all ingredients except coconut. Shape dough into small balls and roll in coconut. Yields about 4 dozen.

*Dining with Pioneers Volume I*

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 In 1997, the Houston Oilers moved to Tennessee, where they played in the Liberty Bowl Memorial Stadium in Memphis. After the 1998 season, the team moved to Nashville and was renamed the Tennessee Titans. The team went to the Super Bowl during its first season as the Titans, narrowly losing to the St. Louis Rams. Other Tennessee pro teams are the Memphis Grizzlies (basketball) and the Nashville Predators (hockey). These sports teams bring thousands of spectators and fans to Tennessee every year.

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## Spitz Boo Ben Cookies

(Mischievous Boy)

A German woman made a batch of cookies and set them in her window to cool. A boy came by and took them and she yelled, "Spitz boo ben (mischievous boy)," and that is how the cookie got its name.

6 cups sifted all-purpose flour	1 egg, mixed thoroughly with
1 cup sugar	1 tablespoon water
1 lemon rind	Finely chopped pecans
1 pound butter or margarine	Plum jam

Preheat oven to 375°. Mix flour, sugar, and lemon rind; cut in butter, and roll out and cut with cookie cutter. Place on an ungreased cookie sheet, brushing with egg wash. Sprinkle every other or every cookie with pecans. Bake until slightly brown, about 13 minutes. Place baked cookies on wire rack to cool. After cookies are cooled, place plum jam on 1 cookie and place another cookie on top like a sandwich.

*Recipes from Home*

## Chocolate Drop Cookies

2 cups sugar	½ cup milk
3 tablespoons cocoa	1 cup peanut butter, softened
½ cup butter	3 cups quick cooking oats

In heavy saucepan, combine sugar and cocoa. Mix well. Add butter and milk. Over medium heat, let come to a boil, stirring occasionally. Boil 3–3½ minutes. Remove from heat and add peanut butter and oats. Mix thoroughly. Spoon onto wax paper.

*Recipes & Memories: Bishop's Best Family Recipes*

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 Memphis is home to St. Jude Children's Research Hospital, one of the world's premier centers for research and treatment of catastrophic diseases in children. It was founded in 1962 by entertainer Danny Thomas.

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## COOKIES

### Rum Puff Cookies

A favorite on Thanksgiving at the home of Union Major General Joseph Hooker.

**½ cup cold water**

**¼ teaspoon salt**

**½ cup butter**

**10 tablespoons flour, sifted**

**3 large eggs**

**2 tablespoons raisins**

**2 tablespoons minced candied cherries**

**2 tablespoons rum**

**Powdered sugar**

Put cold water, salt, and butter in small pot and bring to a boil. Remove from stove and, with a wooden spoon, slowly stir in sifted flour. Continue stirring until mixture is perfectly smooth and lump free. Then, break eggs, one at a time, beating them thoroughly into the paste in pot. Lastly, add raisins, minced cherries, and rum. Blend everything well. Set aside while heating a kettle of cooking oil or fat to about 360°. When ready, drop batter by teaspoonfuls into hot oil. Fry until golden brown on all sides. These cookies will puff up and become extremely light.

When done, let them drain on brown paper. Sprinkle with powdered sugar and serve. Or break open and pour a little honey inside. Makes about 2 dozen puff cookies.

*Historical Thanksgiving Cookery*

### Pecan Puffer Treats

**1 cup butter**

**½ teaspoon salt**

**2 cups sifted flour**

**¼ cup confectioners' sugar**

**4 tablespoons milk**

**1 ¾ tablespoons vanilla**

**2 cups chopped pecans**

**Confectioners' sugar**

Lightly grease cookie sheet. Cream butter with salt. Sift dry ingredients together. Add to butter; mix well. Add milk, vanilla, and nuts, mixing thoroughly. Roll into golf-ball-size balls. Place on prepared cookie sheet and bake at 325° until done. While still warm, roll in confectioners' sugar.

*Favorite Recipes Home-Style*



## COOKIES

### *Fuss Cookies*

**1/2 pound butter, softened  
6 tablespoons sugar  
2 1/2 cups all-purpose flour  
1/2 teaspoon salt**

**1 teaspoon vanilla  
Apple jelly  
Pecan halves  
Powdered sugar**

Cream butter and sugar. Add flour, salt, and vanilla. Roll in little balls and mash flat on a cookie sheet. Make impression in center of each, and fill with 1/2 teaspoon apple jelly and half a pecan. Bake at 415° until light brown. When cool, roll in powdered sugar.

*Linen Napkins to Paper Plates*

### *Anisette Cookies*

**6 eggs  
1/2 cup sugar  
2 tablespoons anise oil  
4 cups flour (more, if necessary)**

**4 teaspoons baking powder  
1 teaspoon salt  
1/2 cup vegetable oil**

In a large bowl, beat eggs, sugar, and anise. In a medium bowl, add flour, baking powder, and salt; sift together. Gradually add flour mixture to egg mixture. Mix thoroughly. Add vegetable oil and work into a soft dough. Here's where you may need to add more flour. Pull pieces and shape in a rope about 6 inches long; make a knot. Bake on ungreased cookie sheet in 350° oven 10-15 minutes. Cool.

#### **ICING:**

**1/2 box confectioners' sugar  
2 tablespoons anise oil**

**Water, if needed**

Mix well, adding a little water, if necessary, to make of desired spreading consistency. Ice cookie tops.

*The Bridge from Brooklyn*



## COOKIES

### *Lulu's Lip Smackin' Shortbread*

**2 cups all-purpose flour  
½ cup confectioners' sugar  
½ teaspoon salt  
½ teaspoon baking powder**

**1 teaspoon vanilla extract  
1 cup butter or margarine,  
softened  
2 tablespoons granulated sugar**

Preheat oven to 350°. In a large bowl, beat flour, confectioners' sugar, salt, baking powder, vanilla, and butter at medium speed until it is well mixed. Pat dough into a 9-inch round pan and prick it well with a fork. Sprinkle granulated sugar over dough. Bake 30–35 minutes. Cut into wedges while warm, and cool on a wire rack. Separate the cookies. Makes 6–8 cookies.

*Kitchen Komforts*

### *Lemon Squares*

**1 cup all-purpose flour  
½ cup confectioners' sugar  
½ cup butter, softened  
1 cup sugar**

**½ teaspoon salt  
1 teaspoon baking powder  
2 eggs  
4 tablespoons lemon juice**

Preheat oven to 350°. In mixing bowl, mix flour, confectioners' sugar, and butter until soft, and press evenly into bottom of a 9-inch square pan. Bake 20 minutes.

Beat together sugar, salt, baking powder, eggs, and lemon juice. Pour over hot crust and bake 20–25 minutes until no imprint remains when touched lightly. Cool and cut into 2-inch squares. You may want to sprinkle with confectioners' sugar. Yields 6–9 servings.

*Recipes from Miss Daisy's*



## COOKIES

### *Nutty Cheese Squares*

**1 (18½-ounce) box butter  
recipe golden cake mix  
¾ cup butter or margarine,  
melted**

**1 cup chopped pecans, divided  
1 cup packed brown sugar  
2 (8-ounce) packages cream  
cheese, softened**

Preheat oven to 325°. Grease and flour a 9x13-inch baking dish. Stir together dry cake mix, margarine or butter, and ½ cup pecans. Press mixture evenly into bottom of prepared pan. Mix together brown sugar and cream cheese, then spread evenly over previous mixture. Sprinkle with remaining ½ cup chopped pecans. Bake 35–45 minutes or until edges are browned and cheese topping is set. Cool completely before cutting into squares. Store in refrigerator in an airtight container.

*Treasures from Heaven*

### *Oatmeal Caramelitas*

**2 cups plus 6 tablespoons flour,  
divided  
2 cups quick-cooking oats  
1½ cups packed brown sugar  
1½ cups (3 sticks) butter,  
melted**

**1 teaspoon baking soda  
½ teaspoon salt  
2 cups (12 ounces) semisweet  
chocolate chips  
1 cup chopped pecans  
1½ cups caramel topping**

Combine 2 cups flour, oats, brown sugar, butter, baking soda, and salt in a bowl until crumbly. Press ½ the crumb mixture into a greased 10x15-inch baking pan. Bake at 350° for 10 minutes; set aside.

Sprinkle chocolate chips and pecans over baked crust. Combine caramel topping and remaining 6 tablespoons flour in a bowl. Drizzle over chips and nuts. Top with remaining crumb mixture. Bake at 350° for 15–20 minutes or until lightly browned. Cool. Chill before cutting into bars. Yields 6 dozen bars.

*Open House: A Culinary Tour*

## COOKIES

### *Magic Cookie Bars*

**1 stick butter**  
**1½ cups graham cracker**  
    **crumbs**  
**1 (14-ounce) can sweetened**  
    **condensed milk**

**6–8 ounces chocolate chips**  
**2 cups shredded coconut, divided**  
**¾ cup chopped nuts**

Melt butter in baking pan; sprinkle graham cracker crumbs over butter. Pour sweetened condensed milk over this mixture; sprinkle chocolate chips on top of the mixture. Add 1¾ cups coconut and top with nuts. Then sprinkle remaining coconut over top. Bake at 350° for 25 minutes or until coconut is golden brown.

**Feed U S First**

### *Pecan Squares*

#### **CRUST:**

**⅔ cup powdered sugar**  
**2 cups unbleached flour**

**½ pound (2 sticks) sweet butter,**  
    **softened**

Preheat oven to 350°. Grease a 9x13-inch baking pan. Sift sugar and flour together. Cut in butter, using 2 knives or a pastry blender, until fine crumbs form. Pat Crust into prepared pan. Bake for 20 minutes. Remove from oven.

#### **TOPPING:**

**⅔ cup sweet butter, melted**  
**½ cup honey or light corn**  
    **syrup**  
**3 tablespoons heavy cream**

**½ cup brown sugar, packed**  
**3½ cups coarsely chopped**  
    **pecans**

Mix butter, honey or syrup, cream, and brown sugar together. Stir in pecans and blend thoroughly. Spread over Crust. Return to oven and bake 25 minutes. Cool completely before cutting into squares. Makes 36.

**Choice Recipes from Choices Restaurant**



## COOKIES

### *Chocolate Chip Brownies*

**2** cups sugar  
**3/4** cup cocoa  
**1** cup oil  
**4** eggs  
**1** teaspoon vanilla

**1** teaspoon salt  
**1 1/2** cups self-rising flour  
**6** ounces semisweet chocolate  
chips

Mix all ingredients except chocolate chips. Beat with electric mixer 3 minutes. Stir in chocolate chips. Pour into greased 9x13-inch pan and bake at 350° for 20 minutes or until edges begin to pull away from sides of pan. Tester may come out gooey because of the chocolate chips.

*The Coming Home Cookbook*

### *Double Dipper Chocolate Brownies*

**2** eggs  
**1** cup sugar  
**1/2** cup butter or margarine,  
melted  
**1** teaspoon vanilla extract  
**2/3** cup all-purpose flour  
**6** tablespoons cocoa

**1/2** teaspoon baking powder  
**1/4** teaspoon salt  
**1** (6-ounce) package vanilla  
chocolate chips  
**1** (6-ounce) package chocolate  
chips

Preheat oven to 350°. In large bowl, mix eggs, sugar, melted butter, and vanilla. In separate bowl, combine dry ingredients and add to egg mixture. Stir gently with spoon to blend. Grease an 8-inch square pan. Stir vanilla chips and chocolate chips into batter. Pour into prepared pan. Bake 25-35 minutes. Makes 6-8 servings.

**Note:** Double recipe for a 9x13-inch pan. Excellent served with ice cream.

*The Table at Grey Gables*

## COOKIES

### *Raspberry Cheesecake Brownies*

#### **BROWNIES:**

4 ounces semisweet chocolate	3/4 cup self-rising flour
2 ounces unsweetened chocolate	1 1/2 teaspoons vanilla extract
1/2 cup (1 stick) butter	3/4 teaspoon salt
1 1/4 cups sugar	1 cup seedless raspberry jam
3 eggs	1 tablespoon lemon juice

Heat semisweet chocolate, unsweetened chocolate, and butter in a double boiler over hot water until blended, stirring frequently. Remove from heat. Let stand until cool. Whisk in sugar until blended. Add eggs one at a time, whisking after each addition until smooth. Whisk in flour, vanilla, and salt until blended. Spread batter in a buttered and floured 9x13-inch baking pan. Heat jam and lemon juice in saucepan until melted, stirring frequently. Spread jam mixture over prepared layer.

#### **CREAM CHEESE TOPPING:**

1 (8-ounce) package cream cheese, softened	1/2 teaspoon vanilla extract
2/3 cup plus 1 tablespoon sugar, divided	1/4 teaspoon salt
1 egg	2 tablespoons flour
2 teaspoons fresh lemon juice	1 1/2 cups fresh or frozen raspberries

Beat cream cheese and 2/3 cup sugar in mixing bowl until light and fluffy. Beat in egg, lemon juice, vanilla, and salt. Add flour and beat until smooth. Spread cream cheese mixture over prepared layer. Sprinkle with raspberries and remaining 1 tablespoon sugar. Bake in preheated 350° oven 35–40 minutes or until light brown; do not overbake. Cool in pan on wire rack. Chill, covered, 6–8 hours. Cut into squares. Makes 3–4 dozen brownies.

**Provisions & Politics**

 Oprah Winfrey graduated from Tennessee State University in 1976. Oprah got her start at NewsChannel 5 in Nashville long before becoming a popular talk show host.

## Frosted Brownies

**3 cups sugar**  
**3/4 cup cocoa**  
**2 sticks butter, melted**

**6 eggs**  
**2 cups flour**  
**1 teaspoon vanilla**

In mixing bowl, combine sugar, cocoa, and melted butter. Add eggs, then flour and vanilla. Spread in well-buttered 11x14-inch baking pan or cookie sheet with sides. Bake in 350° oven 15-20 minutes. Do not overbake. Just before brownies are done, prepare Frosting.

### FROSTING:

**1 (5-ounce) can evaporated milk**  
**1 cup sugar**  
**1/4 cup butter**

**1 (6-ounce) package chocolate chips**  
**1 1/2 cups chopped pecans**

In saucepan, combine milk, sugar, and butter. Boil 2 minutes. Remove from heat and stir in chocolate chips. Beat until creamy. Add pecans. Pour on brownies when they come out of oven and spread to distribute pecans. Let set until completely cool. Cut into 40 squares.

*A Lifetime Collection*





## CANDIES

### *Crockpot Candy*

2 pounds white chocolate	1 (24-ounce) jar dry roasted
1 (4-ounce) bar German sweet	peanuts, unsalted
chocolate	
1 (18-ounce) package semisweet	
chocolate chips	

Put all chocolate in crockpot on low. Cook 2 hours. Do not stir. After cooking, add peanuts, stir, and drop by teaspoon onto wax paper. Makes approximately 100 pieces.

*What's Cookin' in Jean's Kitchen?*

### *Smoky Mountain Peppermint Bark*

1 (24-ounce) package white	3 drops peppermint flavoring
chocolate candy coating	2 drops red food coloring
10 peppermint sticks, crushed	

Place a large piece of wax paper on table top. Place candy coating in top of double boiler over boiling water. Reduce heat to low; cook until candy coating melts, stirring occasionally. Remove from heat; stir in crushed peppermint, flavoring, and coloring. Spread thin on wax paper. When cool, cut in squares or break into pieces.

*Treasures from Heaven Volume II*

### *Chocolate Peanut Butter Balls*

1 pound butter	1 cup chopped nuts
3 pounds confectioners' sugar	2 (15-ounce) bags chocolate
2 pounds smooth peanut butter	chips

Melt butter and mix with sugar and peanut butter; add nuts. Roll dough into 1-inch balls. Place on foil or wax paper. Melt chocolate in double boiler. Dip balls in chocolate with a skewer or stick, coating well. Place back on foil to cool.

*Burnt Offerings*



## CANDIES

### *Lelan's Fudge*

<b>3 cups chocolate chips</b>	<b>Dash of salt</b>
<b>1 (14-ounce) can sweetened</b>	<b>2 tablespoons vanilla extract</b>
<b>condensed milk</b>	<b>1 cup chopped nuts</b>

Combine chocolate chips, condensed milk, and salt in a heavy saucepan. Cook over low heat until chocolate is melted, stirring constantly. Remove from heat. Stir in vanilla and nuts. Spread mixture on wax-paper-lined baking sheet. Chill for several hours or until firm. Cut into squares to serve. Serves 18-24.

**Variation:** Use white chocolate chips instead of milk chocolate or add toffee bits or marshmallows to milk chocolate.

*Recipe submitted by Lelan A. Statom, NewsChannel 5 Meteorologist.*

**Taste of the Town**

### *Strawberries*

<b>2 cups chopped pecans</b>	<b>1 (7-ounce) can flaked coconut</b>
<b>2 (6-ounce) boxes strawberry</b>	<b>1 cup red colored sugar</b>
<b>Jell-O</b>	<b>1 package slivered almonds</b>
<b>1 (14-ounce) can condensed</b>	<b>Green food coloring</b>
<b>milk</b>	

Mix pecans, Jell-O, milk, and coconut together. Put in refrigerator for 1 hour only. Shape into strawberries and roll in red sugar. Dye almonds green and stick one into top of each strawberry. Makes approximately 4 dozen medium-size strawberries. Strawberries will keep indefinitely if refrigerated and kept in airtight container.

*Dining with Pioneers Volume II*



## CANDIES

### *Old-Time Buttermilk Candy*

**2 cups sugar**  
**1 cup buttermilk**  
**1/4 cup butter**  
**2 tablespoons light corn syrup**

**1/2 teaspoon baking soda**  
**1 teaspoon vanilla extract**  
**Pecan halves**

Combine first 5 ingredients in saucepan. Cook over medium heat to 234°-240° on candy thermometer, soft-ball stage. Let stand until cool. Beat until creamy. Stir in vanilla. Spoon into greased 8x8-inch dish. Score into squares. Place a pecan half over each square. Let stand until firm. Cut into squares. Yields 2 pounds.

***Good Humor Cookin'***

### *Chocolate Cookie Candy*

*I usually put these into small candy papers and give them as Christmas gifts.*

**1 (14-ounce) can condensed  
milk**  
**2 squares Baker's chocolate**  
**1 (3 1/2-ounce) can flaked  
coconut**

**1 teaspoon vanilla**  
**2 cups chopped pecans**  
**1 tablespoon margarine**

Cook milk, chocolate, and coconut until stiff in double boiler. When it is stiff enough to hold its shape, remove from fire and add vanilla, pecans, and margarine. Form into small balls and drop on buttered cookie sheet. Cook in moderate (325°) oven 8 minutes, being careful not to overcook. Remove from cookie sheet as quickly as possible.

***Friends and Family: Recipes & Remembrances***



## CANDIES

### *Peanut Brittle*

**1 cup peanuts  
1 cup sugar  
1/8 teaspoon salt  
1/2 cup white corn syrup**

**1 teaspoon butter  
1 teaspoon vanilla  
1 teaspoon baking soda**

Mix peanuts, sugar, and salt in  $1\frac{1}{2}$ -quart microwave-safe bowl; add syrup. Microwave on HIGH 7-8 minutes; stir well after 4 minutes. After 8 minutes, add butter and vanilla. Blend well. Return to microwave and cook on HIGH 1-2 minutes more. Remove from microwave and add baking soda. Stir until light and foamy. Pour immediately on greased cookie sheet. Cool 30-60 minutes. Break into pieces and store in airtight container.

***Toast to Love***

### *My Favorite Candy*

**1 pound white chocolate or  
candy coating  
1/2 cup peanut butter  
1 1/2 cups miniature  
marshmallows**

**1 1/2 cups roasted unsalted  
peanuts  
1 1/2 cups Rice Krispies**

Melt chocolate in 200° oven (or in microwave oven, according to directions). Stir in peanut butter. Add remaining ingredients. Drop by teaspoon onto wax paper. Let cool. Makes  $6\frac{1}{2}$  dozen.

***Cooking with Friends—Curry Chapel***



## *Pies and Other Desserts*



PHOTO © BRISTOL MOTOR SPEEDWAY

Bristol Motor Speedway is considered the "fastest half mile" in automobile racing. Dale Earnhardt's first career NASCAR NEXTEL Cup Series win came at BMS during his rookie season. Other drivers who earned their first career wins at Bristol include Rusty Wallace, Ernie Irvan, Elliott Sadler, and Kurt Busch.

*Celebration Apple Pie*

4½ cups peeled, sliced apples  
2 tablespoons lemon juice  
½ cup sugar  
2 tablespoons plus ¼ cup all-purpose flour, divided  
½ teaspoon plus ⅛ teaspoon cinnamon, divided

¼ teaspoon grated nutmeg  
1 (9-inch) pastry crust  
3 tablespoons brown sugar  
1 tablespoon reduced-calorie margarine, softened

Assemble all ingredients and utensils. Preheat oven to 325°. In a large bowl, combine apple slices and lemon juice. Toss gently to coat. In a separate bowl, combine sugar, 2 tablespoons flour, ½ teaspoon cinnamon, and nutmeg, and stir to blend. Sprinkle mixture over apples and toss gently to coat. Spoon filling into pastry crust. Set aside.

In a small bowl, combine remaining ¼ cup flour, brown sugar, margarine, and remaining ⅛ teaspoon cinnamon. Stir well. Sprinkle mixture evenly over apple filling. Bake at 375° for 30 minutes. Decrease oven temperature to 325° and bake an additional 10 minutes or until apples are tender. Yields 1 (9-inch) pie or 10 servings.

*Miss Daisy's Healthy Southern Cooking*



PIES

### *Sugarless Apple Pie*

1 (12-ounce) can frozen apple juice, unsweetened	1/2 teaspoon salt
3 tablespoons cornstarch	5 cups sliced apples
1 teaspoon cinnamon	2 unbaked pie crusts
1/2 teaspoon nutmeg	2 tablespoons margarine

Cook apple juice, cornstarch, cinnamon, and nutmeg until thick. Add salt and stir. Add apples to mixture. Mix well. Pour into pie shell. Place second pie shell on top of pie. Put holes in second shell and dot with margarine on top. Bake at 400° until golden brown.

*Recipes & Memories: Bishop's Best Family Recipes*

### *Sour Cream Peach Pie*

**CRUST:**

2 1/2 cups graham cracker crumbs, divided	1/2 cup butter, melted
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Preheat oven to 350°. In bowl, combine 2 cups crumbs and melted butter. Press remaining 1/2 cup crumbs into 9-inch pie pan. Bake 5 minutes.

**FILLING:**

2 cups thinly sliced fresh peaches	2/3 cup sugar
2 eggs, beaten	2 teaspoons vanilla extract
1/2 cup sour cream	1/4 teaspoon ground cinnamon

Place sliced peaches in baked Crust. Combine remaining ingredients in bowl and mix well. Pour mixture over peaches. Sprinkle reserved crumbs over top of peach mixture. Bake 45 minutes. Makes 8 servings.

*The Table at Grey Gables*

## Deep-Dish Peach Pie

<b>Pastry for 1 double-crust deep-dish pie</b>	<b>2 tablespoons all-purpose flour</b>
<b>4 cups sliced peaches (firm, ripe fruit)</b>	<b>1/4 cup butter, divided</b>
<b>1/2 cup plus 1 teaspoon sugar, divided</b>	<b>1/2 cup water</b>
<b>1 cup firmly packed brown sugar</b>	<b>1/4 cup Jack Daniel's Whiskey</b>
	<b>2 thin slices lemon with rind</b>

Line a deep pie dish with thinly rolled pastry. Place peach slices over pastry. In a small saucepan, mix  $\frac{1}{2}$  cup sugar, brown sugar, flour, 2 tablespoons butter, and water. Stir constantly until mixture boils. Pour over peaches. Sprinkle Jack Daniel's Whiskey over all, dot with remaining butter, and top with thin slices of lemon. Cover with remaining pastry, and sprinkle with remaining 1 teaspoon sugar. Bake at  $350^{\circ}$  for 40-45 minutes, until fruit is bubbling and crust is browned. Yields 8 servings.

**Miss Mary Bobo's Boarding House Cookbook**

Used by permission of Rutledge Hill Press, Nashville, TN

## Nanny's Strawberry Pie

<b>1 (14-ounce) can condensed milk</b>	<b>2 egg yolks</b>
<b>Juice of 2 lemons</b>	<b>2 cups sliced fresh strawberries</b>
<b>1 (3-ounce) package cream cheese, softened</b>	<b>1 (10-inch) pie shell, baked</b>

**1 (8-ounce) carton frozen whipped  
topping, thawed**

Mix condensed milk and lemon juice in bowl; set aside. Blend cream cheese with egg yolks. Gradually add to condensed milk mixture. Fold in strawberries. Pour into pie shell, spreading top with whipped topping. Chill until serving time.

**Treasures from Heaven**

*Miss Daisy's Lemon Meringue Pie*

$\frac{2}{3}$ cup sugar	1 tablespoon grated lemon rind
$\frac{1}{3}$ cup cornstarch	$\frac{1}{3}$ cup fresh lemon juice
2 cups skim milk	1 (9-inch) pie crust, baked
$\frac{1}{2}$ cup frozen egg substitute, thawed	

Assemble all ingredients and utensils. In saucepan, combine  $\frac{2}{3}$  cup sugar and cornstarch; gradually stir in milk. Cook over medium heat, stirring constantly. Remove pan from heat. Slowly stir  $\frac{1}{4}$  of the hot mixture into egg substitute. Add egg substitute mixture back into pan, stirring constantly. Cook over medium heat, stirring constantly until thickened. Remove pan from heat. Stir in lemon rind and juice. Spoon mixture into pie crust.

**MERINGUE:**

4 egg whites	$\frac{1}{2}$ teaspoon vanilla extract
$\frac{1}{2}$ teaspoon cream of tartar	2 tablespoons sugar

In small mixing bowl, beat egg whites, cream of tartar, and vanilla with an electric mixer at high speed. Gradually stir in sugar and continue beating until stiff peaks form. Spread Meringue over hot filling. Bake at 325° for 15–20 minutes or until golden brown. Yields 1 (9-inch) pie or 8 servings.

Nutritional Analysis: Cal 266; Fat 8g; Chol 1mg; Sod 171mg; Carbo 40g; Fiber 0g  
Diabetic Exchange: Not recommended

***Miss Daisy's Healthy Southern Cooking***


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 If you're from the South, you've probably heard the saying, ". . . an RC Cola and a Moonpie." Chattanooga is home to the Moonpie, which was developed in 1917 at the Chattanooga Bakery.

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## Light Crunchy Crust Pumpkin Pie

**CRUST:**

**1 1/4** cups quick-cooking oats  
**1/3** cup packed brown sugar  
**1/4** cup flour

**2** tablespoons melted margarine  
**2** tablespoons egg substitute

Combine oats, brown sugar, and flour in a bowl, and mix well. Add margarine and egg substitute, stirring until mixed. Pat mixture over bottom and up sides of a 9-inch pie plate sprayed with nonstick cooking spray.

**FILLING:**

**1** (14-ounce) can fat-free  
sweetened condensed milk  
**1 1/3** cups mashed pumpkin  
**1/2** cup egg substitute

**1** teaspoon cinnamon  
**1/2** teaspoon ginger  
**1/8** teaspoon nutmeg  
**1/4** teaspoon allspice

Combine condensed milk, pumpkin, egg substitute, cinnamon, ginger, nutmeg, and allspice in a mixer bowl, beating until blended; do not overmix. Pour into prepared pie plate. Bake at 400° for 15 minutes; reduce oven temperature to 350°. Bake 20–30 minutes longer or until set. Let stand until cool. Chill until serving time. Yields 8 servings.

Nutritional Analysis: Cal 280; Carbo 54g; Prot 9g; Total Fat 3.5g; Chol trace; Sod 126mg; Fiber 2g; Cal from Fat 11%

***A Taste of the Good Life: From the Heart of Tennessee***





## PIES

### Blender Chocolate Pie

*It is outstanding!*

2½ cups sugar	1 teaspoon vanilla
4–5 tablespoons cocoa	1 stick butter, melted
4 eggs	1 (9-inch) deep-dish unbaked pie
1 (12-ounce) can evaporated	crust
milk	Whipped cream (optional)

Place sugar, cocoa, eggs, milk, vanilla, and butter into blender and blend well. Pour into pie shell and bake in preheated 350° oven for about an hour or until center of pie is set. May serve with whipped cream around crust edge.

**Variation:** May substitute raspberry liquor for vanilla.

**Feed U S First**

### Chocolate Pie

1 cup sugar	2 cups milk, divided
3 tablespoons flour	1 teaspoon vanilla
3 level tablespoons cocoa	1 (9-inch) deep-dish unbaked pie
3 egg yolks	shell

In saucepan, stir together sugar, flour, and cocoa. Add egg yolks mixed with ¼ cup milk; blend together, then add rest of milk and vanilla. Cook until thick, then pour into baked pie shell. Cover with Meringue and bake at 425° for 4–5 minutes or until brown.

#### MERINGUE:

3 egg whites	6 tablespoons sugar
¼ teaspoon cream of tartar	½ teaspoon vanilla

Beat egg whites with cream of tartar until frothy. Gradually beat in sugar, a little at a time. Continue beating until stiff and glossy. Do not overbeat. Mix in vanilla. Pile Meringue onto hot pie filling, being careful to seal edges.

**Candy's Favorite Recipes**

## Peanut Butter Pie

*The chocolate finish makes it even more special.*

1 envelope unflavored gelatin	1/2 cup whipping cream, whipped
1 cup cold milk	1 (9-inch) pie shell, baked
3/4 cup sugar, divided	4 ounces semisweet chocolate, chopped
4 eggs, separated	1/2 cup whipping cream
Pinch of salt	Chopped peanuts for garnish
1 teaspoon vanilla extract	
1/2 cup peanut butter	

Soften gelatin in cold milk in a double boiler over simmering water until gelatin dissolves. Add  $\frac{1}{4}$  cup sugar, egg yolks, and salt, and mix just until blended. Cook until mixture thickens enough to coat a metal spoon, stirring constantly. Remove from heat. Beat in vanilla and peanut butter. Chill until thickened but not firm.

Beat egg whites until foamy. Add remaining  $\frac{1}{2}$  cup sugar gradually, beating until stiff but not dry. Fold into peanut butter mixture. Fold in whipped cream. Spoon lightly into pie shell. Chill until firm.

Melt chocolate in heavy cream in a double boiler over simmering water, whisking to blend well. Cook until thickened and creamy, whisking constantly. Cool slightly, stirring occasionally. Spread over pie and sprinkle with chopped peanuts. Let stand until topping is set before serving. Makes 8 servings.

**A Culinary Collection**



The Tennessee River runs through Tennessee twice, once heading south, then again heading north. It is one of only a few rivers in the United States that does flow north.

*Peanut Butter Pie*

**1 (8-ounce) package cream cheese, softened  
1 (14-ounce) can sweetened condensed milk  
3/4 cup creamy peanut butter**

**3 tablespoons lemon juice  
1 teaspoon vanilla extract  
4 ounces whipped topping  
1 (9-inch) graham cracker pie shell**

Beat cream cheese in a mixing bowl until light and fluffy. Add sweetened condensed milk and peanut butter, and beat until smooth. Stir in lemon juice and vanilla. Fold in whipped topping. Spoon into pie shell. Chill, covered, 4 hours or until set. This pie will keep well for 1 week in the refrigerator. Yields 6-8 servings.

*Marvelous Morsels*

*Tennessee River Mud Pie*

**1 cup flour  
1 cup chopped pecans  
1 stick butter, softened  
1 cup confectioners' sugar  
1 (8-ounce) package cream cheese, softened**

**1 (16-ounce) carton whipped topping, divided  
1 (6-ounce) package chocolate instant pudding mix  
3 cups milk**

Combine first 3 ingredients in bowl, mixing well. Press into bottom of 8-inch square baking dish. Bake at 350° for 15 minutes; cool. Combine confectioners' sugar, cream cheese, and 1/2 carton whipped topping in bowl, mixing well. Spread over prepared crust. Prepare pudding with milk using package directions. Spoon over cream cheese mixture. Top with remaining whipped topping. Yields 9 servings.

Nutritional Analysis: Cal 552; Prot 8.8g; T Fat 33.9g; Chol 39.4mg; Carbo 57.5g; Sod 208.6mg; Pot 254.5mg

*Good Cooking!*

## Goo Goo Pie

2 egg whites  
 $\frac{1}{4}$  cup sugar  
 $1\frac{1}{2}$  tablespoons plus 1  
 teaspoon unflavored gelatin  
 6 tablespoons cold water  
 2 cups heavy whipping cream  
 $\frac{2}{3}$  cup confectioners' sugar  
 $1\frac{1}{2}$  ounces Frangelica or  
 Goo Goo liqueur

$2\frac{1}{2}$  ounces caramel topping  
 $2\frac{1}{2}$  ounces peanuts, chopped  
 $\frac{1}{2}$  cup grated milk chocolate  
 $1\frac{1}{2}$  ounces miniature  
 marshmallows  
 1 (10-inch) pie shell, baked

Combine egg whites and sugar in a double boiler. Heat to 140° on a candy thermometer, beating constantly. Remove from heat and continue beating until mixture cools. Soak gelatin in water in a saucepan. Heat until gelatin dissolves. Fold into meringue.

Whip cream with confectioners' sugar in a mixer bowl until soft peaks form. Add liqueur. Fold into meringue with caramel topping, peanuts, grated chocolate, and marshmallows. Spoon into pie shell. Chill for 20 minutes.

### TOPPING:

2 cups heavy whipping cream  
 $\frac{1}{2}$  cup confectioners' sugar

1 Goo Goo candy bar  
 Dark sprinkles

Whip cream and confectioners' sugar in a mixer bowl until soft peaks form. Spread a portion of whipped cream over pie. Pipe remaining whipped cream into a border around edge of pie, with a rosette marking each of 8 servings. Cut candy bar into 8 pieces and place 1 piece on each rosette. Scatter sprinkles around edge. Makes 8 servings.

*A Culinary Collection*

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 The Copper Basin covers about 60,000 acres, most of which are located in Polk County. The stark landscape of the Copper Basin, which was caused by mining activities, is so different from the surrounding area that it is recognizable by American astronauts in outer space.

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## PIES

### Egg Custard Pie

**1/2 stick margarine**  
**1 1/2 cups milk**  
**4 eggs**

**1 cup sugar**  
**1 teaspoon vanilla**  
**1 (9-inch) pie shell**

Melt butter and milk together. Beat eggs with fork; add sugar and vanilla. Add all together and pour into pie shell. Bake at 425° for 10 minutes, then reduce to 350°, and cook 20 additional minutes.

*Candy's Favorite Recipes*

### Pecan Pie

**3 eggs**  
**1 cup sugar**  
**1/2 cup dark Karo**  
**1/2 cup white Karo**

**1/3 cup margarine, melted**  
**1 teaspoon vanilla**  
**1/2 cup chopped pecans**  
**1 unbaked pie shell**

Cream together eggs and sugar; add syrup, margarine, and vanilla. Stir in pecans and pour into pie shell. Bake 1 hour at 350°.

*Tastes from the Country*

### Orange Pecan Pie

**1 cup dark corn syrup**  
**1/2 cup sugar**  
**1/3 cup fresh orange juice**  
**3 eggs, beaten**  
**1 tablespoon grated orange zest**

**1 tablespoon flour**  
**1/4 teaspoon salt**  
**1 cup chopped pecans**  
**1 unbaked (9-inch) pie shell**  
**3/4 cup pecan halves**

Preheat oven to 350°. Combine corn syrup, sugar, orange juice, eggs, orange zest, flour, and salt in mixer bowl. Beat at medium speed until blended. Stir in chopped pecans. Spoon into pie shell. Arrange pecan halves in a decorative pattern over the top. Bake 55–60 minutes or until set. Yields 6–8 servings.

**Note:** To make grating orange zest easier, freeze the orange first.

*Holidays at Home*

## Bourbon and Chocolate Pecan Pie

**1** cup sugar  
**1/4** cup butter, melted  
**3** eggs, slightly beaten  
**3/4** cup light corn syrup  
**1/4** teaspoon salt

**2** tablespoons bourbon  
**1** teaspoon vanilla extract  
**1/2** cup chopped pecans  
**1/2** cup chocolate chips  
**1** unbaked 9-inch pie shell

Preheat oven to 375°. In a large bowl, mix sugar and butter until soft. Add eggs, syrup, salt, bourbon, and vanilla. Mix until blended. Spread pecans and chocolate chips in bottom of pie shell. Pour filling into shell. Bake 40–50 minutes. Yields 6 servings.

*Recipes from Miss Daisy's*

## Gold City Caramel Pie

**2** (9-inch) deep-dish pie crusts,  
 baked and cooled  
**1/2** cup (1 stick) butter  
**1** (7-ounce) can flaked coconut  
**1 1/2** cups chopped pecans,  
 heated in microwave 2–3  
 minutes  
**1** (8-ounce) package cream  
 cheese, softened

**1** (14-ounce) can sweetened  
 condensed milk  
**1** (16-ounce) carton nondairy  
 whipped topping  
**1** (16-ounce) jar caramel ice cream  
 topping, thinned in microwave

In a saucepan, melt butter and mix with coconut and pecans. Set aside. In a separate bowl, mix cream cheese, sweetened condensed milk, and whipped topping. Put a layer of cream cheese mixture in bottom of each pie crust, then a layer of pecan mixture. Next drizzle with caramel. Repeat with another layer of each. Freeze overnight before serving. Keep in freezer. Makes 2 pies.

*Recipe submitted by Tim Riley of the Gold City Quartet.*

***The Southern Gospel Music Cookbook***

## PIES

### Vinegar Pie

The Longstreet family enjoyed this pie often. Lieutenant General James Longstreet, also known as Old War Horse, was accidentally shot by his own soldiers while on a reconnaissance mission. Longstreet did recover, but was unable to return to duty for six months.

**3 eggs, separated**

**1 cup plus 3 tablespoons sugar,  
divided**

**3 tablespoons flour**

**1/3 teaspoon salt**

**2 cups water, boiling**

**1/4 cup vinegar**

**1 teaspoon lemon juice**

**1 pastry shell, baked**

Put egg yolks in wooden mixing bowl and beat until thick. Add 1 cup sugar, flour, and salt. Mix thoroughly. Slowly add boiling water while stirring constantly. Stir in vinegar. Continue stirring mixture until thick and smooth. Lastly, stir in lemon juice. Pour into baked pastry shell. Set aside while beating egg whites and remaining 3 tablespoons sugar in separate bowl until stiff. Cover pie with this meringue. Bake at 325° for 20 minutes.

**Civil War Period Cookery**

### French Coconut Pie

**3 eggs, beaten**

**1 1/2 cups sugar**

**1 stick butter, melted**

**1/4 teaspoon salt**

**1 teaspoon vanilla**

**1 1/2 cups flaked coconut**

**1 unbaked pie shell**

Combine all ingredients except pie shell. Pour into unbaked shell and bake 45 minutes at 350°.

**Country Favorites**

 Icel, Opryland's winter wonderland, was created from 1.5 million pounds of ice, and was handcrafted by more than 40 artisans from China. Kept at a constant 16° F, visitors are given warm coats before entering. This colorful ice house blends amazing frozen creations with thrilling ice slides, as well as dramatic lighting and special effects.

## No Crust Coconut Pie

4 eggs, beaten  
 ½ cup self-rising flour  
 1 ¾ cups sugar  
 ½ stick margarine, melted

1 teaspoon vanilla  
 2 cups milk  
 1 (7-ounce) can flaked coconut

Mix all ingredients and pour into 2 ungreased aluminum pie pans. Bake at 325°–350° for 30 minutes.

*Sharing Our Best—East Ridge*

## Jefferson Davis Pie

2 tablespoons flour  
 1 teaspoon cinnamon  
 ½ teaspoon allspice  
 ½ teaspoon nutmeg  
 2 cups packed brown sugar  
 ½ cup butter, softened  
 4 eggs, separated

1 cup cream  
 ½ cup chopped dates  
 ½ cup raisins  
 ½ cup chopped pecans  
 1 unbaked (9-inch) pie shell  
 8 tablespoons sugar

Sift flour, cinnamon, allspice, and nutmeg together. Beat brown sugar and butter in a mixer bowl until creamy, scraping bowl occasionally. Add egg yolks one at a time, beating well after each addition. Stir in flour mixture. Add cream gradually and mix well. Stir in dates, raisins, and pecans. Spoon into pie shell. Bake at 300° for 40 minutes. Let stand until cool.

Beat egg whites in mixer bowl until soft peaks form. Add sugar gradually, beating until stiff peaks form. Spread over top of cool pie, sealing to the edge. Bake until meringue is golden brown. Yields 6 servings.

*Good Humor Cookin'*

*Chess Pie*

**3 cups sugar**  
**1 stick butter, melted**  
**6 eggs**  
**2 teaspoons cornmeal**

**1 teaspoon vanilla**  
**½ cup evaporated milk**  
**2 unbaked pie shells**

Mix all ingredients except pie shells together. Pour into unbaked pie shells and bake at 350° about 45 minutes or until brown. Insert a toothpick; if it comes out clean, it is done. Let cool before cutting.

*A Taste of Historic Lynchburg*

*Whiskey Chess Pie*

**4 eggs**  
**1½ cups granulated sugar**  
**1 tablespoon vinegar**

**3 tablespoons bourbon whiskey**  
**¾ stick butter, melted**  
**1 (9-inch) unbaked pie shell**

Combine all ingredients except pie shell. Pour into unbaked pie shell. Bake at 325° for 30 minutes or until light brown and pie is firm in center.

*Senior Leaders Cookbook*





## Applewood's Special Pie Cake

**1/4 cup butter or margarine,  
softened**  
**1 cup sugar**  
**1 egg**  
**1 cup all-purpose flour**  
**1 teaspoon salt**

**1 teaspoon ground cinnamon**  
**2 tablespoons hot water**  
**1 teaspoon vanilla extract**  
**3 cups peeled, diced cooking  
apples**  
**1/2 cup chopped pecans**

Cream butter; gradually add sugar, beating well at medium speed of electric mixer. Add egg; beat until blended. Combine flour, salt, and cinnamon; mix well. Add to creamed mixture; beat on low speed of electric mixer until smooth. Stir in water and vanilla. Fold in apples and pecans; spoon into a greased and floured 9-inch deep-dish pie plate. Bake at 350° for 45 minutes or until a wooden pick inserted in center comes out clean. Serve warm or cold with Rum-Butter Sauce and Whipped Cream, if desired.

### RUM-BUTTER SAUCE:

**1/2 cup sugar**  
**1/2 cup firmly packed brown  
sugar**  
**2 tablespoons rum**

**1/4 cup butter or margarine,  
softened**  
**1/2 cup whipping cream**

Combine first 4 ingredients in a small saucepan; mix well. Bring to a boil, and cook one minute. Stir in rum. Serve with a dollop of Whipped Cream, if desired.

### WHIPPED CREAM:

**1 pint whipping cream**  
**1/3 cup brown sugar**

**1 teaspoon vanilla**

In a cool mixing bowl, beat whipping cream, sugar, and vanilla until soft peaks form.

*The Apple Barn Cookbook*

## DESSERTS

### *Heavenly Hash Cake*

**1 (16-ounce) package chocolate chips  
4 eggs, separated  
2 teaspoons sugar  
½ teaspoon salt**

**1 teaspoon vanilla  
1 cup chopped pecans  
1 pint whipping cream  
1 large angel food cake**

Melt chocolate over low heat. Beat egg yolks and add to chocolate mixture. Beat egg whites and add sugar. Add egg whites to chocolate mixture. Stir and add salt, vanilla, and pecans. Whip cream and fold in last.

Break cake in chunks and cover bottom of tube pan or deep bowl. Cover with layer of chocolate mixture; add another layer of cake pieces and cover with remaining chocolate mixture. Chill in refrigerator overnight. Turn onto cake plate and slice to serve.

*Recipes from Home*

### *Punch Bowl Cake*

**1 (14-ounce) can crushed pineapple, undrained  
1 cup sugar  
1 cup chopped pecans (optional)  
1 (18½-ounce) package yellow cake mix  
1 (6-ounce) box strawberry Jell-O**

**2 (10-ounce) packages frozen strawberries, thawed  
2 (12-ounce) containers Cool Whip, divided  
1 (7-ounce) package coconut (optional)**

Mix pineapple, sugar, and nuts. Place in refrigerator. Cook cake as directed on package. Mix Jell-O as directed and refrigerate to chill. Break cake layers in a punch bowl (about  $\frac{1}{2}$  cake). Combine 1 container Cool Whip with Jell-O and mixture of pineapple, sugar, and nuts. Add strawberries to this mixture. (Be sure strawberries are thawed.) Spread a portion over crumbled cake. Alternate mixture with cake, making sure top layer is mixture. Spread remaining Cool Whip on top. Sprinkle with coconut, if desired. Place in refrigerator overnight.

*Cookin' in the Grove*

## Ice Box Cake

Everybody has an absolute favorite cake—this one's mine. First of all, it's quick—and you don't have to use the oven—so it's great in the summertime. Second, it tastes like heaven. It is a 1927 recipe, but I've made some substitutions. I use maraschino cherries for the original candied ones, and prepackaged strawberry shortcake cups instead of ladyfingers. If you make nothing else in this cookbook, make this!

**3/4 pound powdered sugar**  
**1/2 pound butter, softened**  
**4 eggs**  
**2 capfuls of vanilla extract,  
 divided**  
**8 strawberry shortcake cups,  
 or 3 dozen ladyfingers**

**1 (8 1/4-ounce) can crushed  
 pineapple**  
**Maraschino cherries**  
**1 pint whipping cream, divided**

Cream sugar and butter together. Separate eggs, and put the whites aside. Add each yolk to sugar mixture, one at a time, beating well after each addition. Beat egg whites until they are stiff; fold into sugar mixture. Now add 1 capful of vanilla, stirring gently.

The old recipe I found called for lining the bottom of a deep cake pan with paraffin paper. Back in 1927, when the recipe was first published, that was the common word for wax paper. I use 2 sheets wax paper, laid crosswise, so that there is enough overlap to cover the finished cake. (It makes it so you can lift the finished product out of the pan with no mess at all!)

After lining the pan, put in 4 shortcake cups. That's layer one. Cover them with half the filling. That's layer two. Cover layer two with half the crushed pineapple. That's layer three. You can use whole cherries, or slice them in half, according to your taste. I use the whole cherry. I drop one in the center of each of the cups and one smack in the middle of the cake. Then one or two extras for good measure here and there. That's layer four.

Whip  $\frac{1}{2}$  the whipping cream, until stiff, using no extra sugar. Spread half the whipped cream over the cake for layer five. Then start over and repeat each of the five layers again. Cover cake, making sure that the wax paper is hanging over the sides of the pan. Chill overnight. Open wax paper and turn cake upside down onto a serving plate. Whip other  $\frac{1}{2}$  pint whipping cream until stiff, and spread over whole cake. Garnish with maraschino cherries, if you like.

## DESSERTS

### Blueberry Icebox Cake

1½ cups graham cracker crumbs	2 (8-ounce) packages cream cheese, softened
½ cup confectioners' sugar	1 (20-ounce) can blueberry pie filling
½ cup butter, melted	Juice of ½ lemon
4 eggs, well beaten	Nondairy whipped topping
2 cups sugar	

Preheat oven to 350°. Coat a 9x13-inch pan with nonstick cooking spray. In medium bowl, mix graham cracker crumbs, confectioners' sugar, and butter together; pat mixture into pan to form a crust. In a large bowl, blend eggs, sugar, and cream cheese together with an electric mixer until smooth. Spread mixture over crumb mixture. Bake about 30 minutes.

Mix blueberry pie filling with lemon juice, and pour over top of slightly cooled cake. Keep in refrigerator until ready to serve. Top with whipped topping. Serves 6-8.

*Recipe submitted by Cindy Larson of The Deweys  
The Southern Gospel Music Cookbook*

### Blueberry Yum Yum

1½-2 cup chopped nuts	¼ cup sugar
1 graham cracker crust	2-3 teaspoons milk (optional)
1 (8-ounce) package cream cheese, softened	1 (21-ounce) can blueberry pie filling
1 (8-ounce) carton Cool Whip	

Add nuts to crust. Mix together cream cheese, Cool Whip, and sugar, adding a little milk for desired spreading consistency, if necessary. Pour over crust. Top with blueberry pie filling.

*Nothing Says Loving Like Something from the Kitchen*

*Blackberry Cobbler***1 quart blackberries****1½ cups plus 2 tablespoons  
granulated sugar, divided****2 tablespoons all-purpose flour****8 tablespoons butter, divided****½ cup shortening****1½ cups self-rising flour****¼ cup ice water**

Place blackberries in a 9-inch baking pan. Mix 1½ cups sugar and 2 tablespoons flour. Sprinkle over berries. Dot with 4 tablespoons butter. Set aside. Cut shortening into 1½ cups flour. Add ice water until mixture is well moistened and holds together. Add more, if needed. Roll out on floured surface. Fit dough over berries. Dot with remaining butter; sprinkle with remaining 2 tablespoons sugar. Bake at 350° for 40–45 minutes, until crust is brown.

*Senior Leaders Cookbook**Empanadas**Everyones Favorite!***1 cup butter, softened****1 (8-ounce) package cream  
cheese, softened****2 cups flour****1 cup apricot preserves****½ cup sugar****1½ teaspoons cinnamon**

The day before, beat butter and cream cheese together, then blend in flour. Mix well, then shape into a ball and wrap in cling wrap; place in fridge overnight (dough may be kept in fridge up to a week). Remove dough from fridge about an hour before use to soften.

Preheat oven to 375°. Divide dough into 3 or 4 pieces and roll out very thin. Cut out 4-inch rounds and moisten edges with water. Place about ½ teaspoon of preserves in center; fold over and press edges firmly together. Bake on ungreased cookie sheet about 20 minutes. Mix sugar and cinnamon together, and roll baked empanadas in this until well coated. Cool and enjoy.

*Feed U S First*

DESSERTS

## Pineapple Dream Torte

1 teaspoon vinegar  
1½ teaspoons vanilla  
8 egg whites, room temperature  
2 cups sugar  
1 cup crushed and drained  
pineapple  
½ cup chopped and drained  
maraschino cherries

2 cups whipped cream  
2 tablespoons chopped fresh  
pineapple sage leaves  
Fresh pineapple sage blossoms for  
garnish

To make meringue, add vinegar and vanilla to egg whites and beat until mixture forms peaks. Add sugar slowly and beat until stiff. Line 2 (9-inch) cake pans with brown paper. Spread mixture into pans. Bake at 300° for 1 hour and 15 minutes. Cool before removing from pans.

Fold pineapple and cherries into whipped cream. Spread half of mixture on one layer of meringue. Cover with second meringue layer. Frost with remainder of cream mixture. Chill overnight. Sprinkle pineapple sage leaves over top. Garnish with blossoms on top and around sides of torte. Yields 8-10 servings.

**Today's Herbal Kitchen**



## Angel Trifle

3 cups buttermilk, divided  
2 envelopes unflavored gelatin  
 $\frac{1}{2}$  cup sugar  
1 (1½-ounce) envelope dessert  
topping mix  
 $\frac{1}{2}$  cup cold low-fat milk

1 (12-ounce) package frozen whole  
strawberries or raspberries,  
thawed, very well drained  
1 (8-inch) angel food cake, torn  
into bite-size pieces

Assemble all ingredients and utensils. In a saucepan, combine 1½ cups buttermilk; sprinkle with gelatin. Let gelatin soften for 5 minutes or until gelatin is dissolved, stirring constantly. Add sugar and cook until dissolved. Remove pan from heat. Stir in remaining buttermilk. Refrigerate until chilled.

In mixing bowl, combine dessert topping mix and milk, and beat with electric mixer on high until soft peaks form. Scrape bowl and beat 2 minutes longer, until stiff peaks form. Fold whipped topping into cooled buttermilk mixture. Beat at high speed until smooth and creamy. Fold in fruit. Spoon ⅓ of the filling into bottom of a 3-quart trifle bowl. Add half the angel food cake pieces. Spread with half the remaining filling. Layer with remaining cake pieces and filling. Refrigerate several hours or overnight. Yields 12 servings.

Nutritional Analysis: Cal 200; Fat 2g; Chol 3mg; Sod 191mg; Carbo 37g; Fiber 2g  
Diabetic Exchange: 1 fruit, 1 starch,  $\frac{1}{2}$  skim milk

**Miss Daisy's Healthy Southern Cooking**



## DESSERTS

### Strawberry Lasagna

**2 (8-ounce) packages cream cheese, softened  
2 (3-ounce) packages vanilla instant pudding mix  
½ cup confectioners' sugar  
1 cup milk**

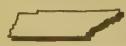
**8 cups mashed strawberries  
¼ cup Kirsch (cherry brandy)  
1 cup sugar  
2 loaves pound cake  
1 cup whipping cream**

Beat cream cheese, pudding mix, confectioners' sugar, and milk in a mixer bowl at high speed until smooth. Combine strawberries, Kirsch, and sugar in medium bowl, mixing well. Remove 1 cup strawberry mixture. Purée in a food processor and reserve for garnish.

Slice pound cakes into ½-inch slices. Line a 9x13-inch dish with cake slices. Layer ⅓ cream cheese mixture, ⅓ strawberry mixture, and half the remaining cake in prepared dish. Layer half the remaining cream cheese mixture, half the remaining strawberry mixture, remaining cake, and remaining cream cheese mixture in prepared dish. Swirl remaining strawberry mixture over top. Chill 4-8 hours.

Whip whipping cream in small mixer bowl until stiff peaks form. Cut dessert into 3-inch squares to serve. Top with reserved strawberry purée and whipped cream. Serves 10.

***Taste of the Town***



The symbol of the Great Smoky Mountains National Park, the American Black Bear, is perhaps the most famous resident of the park. The park provides the largest protected bear habitat in the East. Though populations are variable, it is estimated that 400-600 bears live in the park. All black bears in the park are black in color, but in other parts of the country, they may be brown or cinnamon. Black bears may be six feet in length and up to three feet high at the shoulder. Bears weigh about eight ounces at birth and can weigh up to 400 pounds or more as an adult.

## Chocolate Delight

1 stick butter  
1 tablespoon sugar  
1 cup flour  
½ cup chopped nuts  
1 (8-ounce) package cream cheese, softened

1 cup powdered sugar  
1 (16-ounce) container Cool Whip, divided  
2 (3.5-ounce) packages chocolate instant pudding  
3 cups milk

Melt butter with sugar, flour, and nuts. Press into bottom of a 9x13-inch pan. Cook 15-20 minutes at 350°.

Cream together cream cheese and powdered sugar; fold in 1 cup Cool Whip. Spread over first layer. Mix together pudding mix and milk. Spread over second layer. Add remaining Cool Whip on top. Refrigerate.

*First Sunday Cookbook*

## Chocolate Tower

1 (17-ounce) package fudge brownie mix  
2 packages chocolate instant mousse mix

6 (1-ounce) chocolate toffee bars, chopped  
16 ounces whipped topping

Prepare brownie mix according to package directions; cool completely. Crumble brownies into a bowl. Prepare chocolate mousse mix according to package directions.

Layer crumbled brownies, chocolate mousse, toffee bars, and whipped topping ½ at a time in a trifle dish. Serve immediately or chill, covered, until ready to serve. Yields 10-12 servings.

*Open House: A Culinary Tour*

## Hot Fudge Surprises

8 (1-ounce) semisweet chocolate squares	1/2 cup plus 2 teaspoons sugar, divided
15 tablespoons butter	7 tablespoons all-purpose flour
4 eggs	1 cup heavy cream, whipped
4 egg yolks	Fresh strawberries for garnish

Melt chocolate and butter together in top of a double boiler, stirring occasionally. Cool slightly. In mixing bowl, using an electric mixer, beat eggs, egg yolks, and 1/2 cup sugar together 10 minutes or until pale yellow. Reduce mixer speed and gradually add flour. Add chocolate mixture and beat 5 minutes or until glossy. Divide among 8 (5-ounce) greased ramekins or custard cups. Bake at 325° for 11–16 minutes. Center will appear wet.

Using a sharp knife, cut around edge of ramekins and invert onto individual serving plates. Whip cream and remaining 2 teaspoons sugar until soft peaks form. Dollop whipped cream on side of serving plates and garnish with fresh strawberries. Yields 8 servings.

**Note:** Filled, unbaked ramekins can be refrigerated up to 6 hours. When ready to cook, bake at 325° for 18–22 minutes.

### Key Ingredients



 Clingman's Dome, which is located in the Great Smoky Mountains National Park, is the highest point in Tennessee at 6,643 feet, and the second highest point in the eastern United States. Only North Carolina's Mt. Mitchell (6,684 feet) rises higher. From atop the observation tower on Clingmans Dome, visitors have views stretching into seven states—as long as the skies are clear.

*Baked Gooey Chocolate Pudding*

**1 cup flour**  
**1/2 teaspoon salt**  
**1/2 cup sugar**  
**2 teaspoons baking powder**

**3 tablespoons baking cocoa**  
**3 tablespoons butter**  
**1/2 cup milk**  
**1/4 teaspoon vanilla extract**

Sift together flour, salt, sugar, baking powder, and cocoa. Melt butter and mix with milk and vanilla; add to dry ingredients. Mix lightly and put in a greased 8x8-inch baking dish or a round bowl.

**TOPPING:**

**1/2 cup sugar**  
**1/2 cup brown sugar**

**2 tablespoons cocoa**  
**3/4 cup cold water**

Sprinkle sugars over raw batter, then sprinkle the cocoa. Pour water over; DO NOT MIX. Bake for 30 minutes at 350°. This dessert makes its own sauce at the bottom. Serve with vanilla ice cream.

*The Coming Home Cookbook*

*White Chocolate Pear Bread Pudding*

**1 quart plus 1 cup heavy cream, divided**  
**1 cup white chocolate chips**  
**10 egg yolks**  
**2 cups granulated sugar**  
**1 vanilla bean, scraped**

**1 pint plus 2 tablespoons whole milk, divided**  
**8 large croissants, chopped**  
**2 pears, peeled, cored, and chopped fine**

In medium saucepan, heat 1 cup cream. Bring to a boil and pour over white chocolate chips in a bowl; whisk until smooth. In a large bowl, combine egg yolks, sugar, and vanilla bean. Add remaining cream and 1 pint milk to white chocolate mixture, whisking constantly to combine. Add remaining 2 tablespoons milk to egg mixture to thin out by whisking, then add all, and pour over chopped croissants. Mix in pears and bake in greased individual oven-proof bowls (or 1 [2-quart] casserole dish) at 350° for 25–35 minutes. Serves 8.

*Recipe from Yia Yia's Eurocafé, Germantown  
 Fine Dining Tennessee Style*



## DESSERTS

### *Persimmon Pudding*

**1 pint buttermilk**

**1 pint ripe persimmons**

**1 cup sugar**

**1 egg**

**1 tablespoon butter**

**½ teaspoon baking powder**

**½ teaspoon baking soda**

**¼ teaspoon ground cloves**

**½ teaspoon allspice**

**1 teaspoon cinnamon**

**Flour for a thin batter**

**Topping**

Preheat oven to 350°. Mix buttermilk with persimmons. Press through a sieve or colander, and add sugar, egg, butter, baking powder, baking soda, cloves, allspice, and cinnamon. Add enough flour to make a batter, but not so stiff as cake dough. Bake in a square pan at 350° until done.

#### **TOPPING:**

**½ cup sugar**

**¼ cup milk**

**½ teaspoon cinnamon**

**1 tablespoon flour**

**1 tablespoon butter**

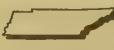
Mix sugar, milk, cinnamon, and flour. Bring to boil. Add butter; mix.

When you are ready to serve, cut pudding into squares. Place squares on a broiler pan and spoon topping over squares. Turn oven to broil; place squares under broiler and cook until bubbly. Makes 6–8 servings.

***The Tennessee Outdoorsmen Cookbook***

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Lucky for country music, singer Roy Acuff, born in Maynardville in 1903, had to end his dreams of becoming a professional baseball player because of a sun stroke. He decided to become an entertainer instead, and by the 1940s, was a national superstar. Roy Acuff was called the King of Country Music, and for more than 60 years, he lived up to that title. He passed away in 1992, leaving behind a country music legacy.

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## Old-Fashioned Southern Bread Pudding

*This pudding won't make it past midnight, guaranteed!*

1 1/4 cups sugar, divided	1/3 cup raisins
1/2 teaspoon cinnamon	8 large eggs
8 cups day-old egg bread, cut into 1/2-inch cubes	1 quart half-and-half
1/4 cup butter, melted	1 tablespoon vanilla extract

Preheat oven to 400°. Grease a 9x13-inch baking dish. In medium bowl, combine 1/4 cup sugar with cinnamon. In a large bowl, toss bread cubes, melted butter, raisins, and sugar-cinnamon mixture. Spread dough evenly in prepared pan and set aside.

In a small bowl, whisk eggs lightly. In a small saucepan, bring cream, remaining sugar, and vanilla to a boil. Gradually whisk cream mixture into eggs, and pour over bread mixture. Place pan in a water bath and bake 35-40 minutes, until custard sets and top is golden brown. Makes 8 servings.

**Kitchen Komforts**

## Banana Pudding

1 (1-pound) bag vanilla wafers	2 (3-ounce) boxes cook & serve banana pudding mix
5 bananas, sliced	
1 (8-ounce) can crushed pineapple, undrained	

Place layer of wafers in large dish. Add a layer of bananas, next a layer of pineapple. Repeat layers starting with wafers. Cook pudding according to package directions and pour, while hot, over entire dessert. Chill and serve.

**Burnt Offerings**



## DESSERTS

### *Milk Chocolate Banana Crème Brûlée*

2 cups milk	1/2 cup rum
2 cups heavy cream	1/4 teaspoon mace
1/4 cup sugar	1/4 teaspoon cinnamon
5 ounces milk chocolate, chopped	10 egg yolks, beaten
	3 bananas

Combine milk, cream, and sugar, and bring to a boil. Add chocolate and whisk until blended. Reduce rum by half in separate pan. Add spices to rum and blend into cream mixture; whisk until blended. Temper in egg yolks. Slice bananas and place in bottom of ramekins. Pour custard into ramekins; bake in water bath at 275° about 25 minutes or until set in center.

After custard is complete, chill approximately 3 hours. Sprinkle top of custards with granulated sugar and burn with a torch (or put under broiler for approximately 15 seconds). Serve immediately. Serves 4-6.

**Note:** This custard is best served the day it is made so the bananas do not brown from exposure.

*Recipe from Bound'y, Nashville  
Fine Dining Tennessee Style*

### *Flaming Tipsy Peaches*

1/4 cup butter	1/2 teaspoon vanilla
1 cup brown sugar	1/2 teaspoon salt
Juice of 1 lemon	1/4 cup scotch
8 fresh peaches, peeled and halved	

Melt butter in skillet over medium-low heat. Add sugar and stir constantly until syrupy. Blend in lemon juice. Add peaches and coat well with sauce. Stir in vanilla and salt. Warm scotch briefly, carefully ignite, and add to peaches. Stir constantly until flame dies. Serve over ice cream. Yields 8 servings.

**Note:** May refrigerate peaches and sauce, then add scotch before serving.

*Linen Napkins to Paper Plates*

*Apple Rings*

<b>1/2 cup white sugar</b>	<b>1 1/2 cups flour</b>
<b>1 cup brown sugar</b>	<b>1/2 cup shortening</b>
<b>1/2 cup butter, melted</b>	<b>4 cups grated peeled apples</b>
<b>1 1/2 cups plus 3 teaspoons water,</b>	<b>Cinnamon</b>
<b>divided</b>	

Mix sugars, butter, and 1½ cups water; pour into baking dish. Place in oven and bring to a boil. Mix flour, shortening, and remaining 3 teaspoons water, and roll thin. Spread dough with apples; sprinkle with cinnamon. Roll up and cut in 1-inch rolls. Put in baking dish of syrup and bake at 400° for 30–35 minutes.

*The Apple Barn Cookbook*

*Chocolate Coconut Chiffon Ring*

<b>1 envelope unflavored gelatin</b>	<b>3 egg whites, stiffly beaten</b>
<b>1 1/2 cups cold milk</b>	<b>1 teaspoon vanilla</b>
<b>2/3 cup sugar, divided</b>	<b>1 (7-ounce) package shredded</b>
<b>1/4 teaspoon salt</b>	<b>coconut, divided</b>
<b>2 squares unsweetened</b>	<b>1/2 cup chilled heavy cream</b>
<b>chocolate</b>	<b>3 tablespoons sweetened cocoa</b>
<b>3 egg yolks, slightly beaten</b>	<b>mix</b>

In double boiler, soften gelatin in milk. Add 1/3 cup sugar, salt, and chocolate. Cook over hot water until chocolate melts and gelatin is thoroughly dissolved. Beat with rotary beater until well blended. Slowly pour in egg yolks. Cook and stir 3 minutes longer. Cool 10 minutes.

Add remaining 1/3 cup sugar to beaten egg whites; beat to stiff peaks. Fold into chocolate mixture. Add vanilla and half of coconut. Turn into 1-quart ring mold. Chill until firm. Unmold. Beat cream and cocoa mix until fluffy and thick. Spread on top of ring. Top with remaining coconut. Makes 8 servings.

*Smoky Mountain Magic*

## Strawberry Sorbet

I like to freeze individual servings in wine glasses and garnish with fresh strawberries on top.

**4 cups puréed strawberries  
2 cups sugar**

**2 cups water  
1 teaspoon lemon juice**

Purée enough clean, hulled strawberries to make 4 cups of purée (can do this in blender). Heat sugar and water on stove until just boiling. Cook, stirring frequently, until the mixture thickens and coats a spoon. Mix purée, sugar syrup, and lemon juice; freeze until slushy. Remove from freezer, and mix with electric mixer until any chunks are broken up. Refreeze until ready to serve. Thaw slightly before serving.

**Note:** This recipe can use any fruit. Just use equal proportions of sugar and water and twice as much puréed fruit. Make sure that if you use berries, they have been strained to remove seeds.

**Ballots to Shallots**

## Homemade Banana Ice Cream

**Egg Beaters equivalent to 6 eggs  
1½ cups sugar  
2 teaspoons vanilla extract  
2 (14-ounce) cans fat-free  
sweetened condensed milk**

**½ gallon skim milk  
6 bananas, mashed**

Mix Egg Beaters and sugar. Add vanilla extract and condensed milk. Stir well. Add skim milk and bananas. Mix well. Turn into electric ice cream freezer, and process until frozen.

**Fite for Your Life II**



## DESSERTS

### *Rich Fudge Sauce*

<b>1 (12-ounce) can evaporated skimmed milk</b>	<b>1/4 cup Fleischmann's Fat-Free Squeezable Spread</b>
<b>1 1/4 cups sugar</b>	<b>1 teaspoon vanilla extract</b>
<b>1/4 cup cocoa</b>	<b>1/2 teaspoon salt</b>

Mix all ingredients in a medium saucepan. Bring to a boil, stirring frequently. Cook 2 minutes. Let cool and refrigerate.

*Fite for Your Life II*

### *Momma's Chocolate Gravy*

<b>1 cup sugar</b>	<b>Dash of salt</b>
<b>2 tablespoons cocoa</b>	<b>2 cups milk</b>
<b>2 tablespoons cornstarch</b>	<b>1/2 stick margarine</b>

Combine and mix well the first 4 ingredients; add milk. Cook over medium heat till thick, stirring often. Add margarine. Serve over hot biscuits; also great on angel food cake.

*Dining with Pioneers Volume II*

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Bristol was almost named Paradise. Prominent local citizens voted on the name. Bristol received 7 votes; Paradise received 6 votes. The city of Bristol is shared by Tennessee and Virginia. The state line runs right down the center of State Street, so there's a Bristol, Tennessee and a Bristol, Virginia. Presently, along State Street, metal plates which follow the center line mark the exact boundary between the two cities.

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## Catalog of Contributing Cookbooks

All recipes in this book have been selected from the cookbooks shown on the following pages. Individuals who wish to obtain a copy of any particular book may do so by sending a check or money order to the address listed by each cookbook. Please note the postage and handling charges that are required. State residents add tax only when requested. Prices and addresses are subject to change, and the books may sell out and become unavailable. Retailers are invited to call or write to same address for discount information.



### ALL YOUR FAVORITE FOODS MADE HEALTHY

by Jan Aughenbaugh

116 Kinwood Court  
Hendersonville, TN 37075

Phone 615-824-5267  
[www.muscle-works.com](http://www.muscle-works.com)

Over 250 recipes that are salt free, sugar free, yeast free, gluten free, and low in fat, but still taste incredible, using Stevia and other natural ingredients found in health food stores. The perfect cookbook to help you lose weight and be healthy.

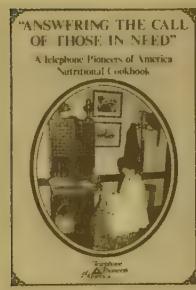
\$15.00 Retail price

Pay Pal orders accepted online

\$1.39 Tax for TN residents

\$4.00 Postage and handling

Make check payable to Jan Aughenbaugh



### ANSWERING THE CALL OF THOSE IN NEED

BellSouth Pioneers

333 Commerce Street, 21st Floor  
Nashville, TN 37201-3300

[www.bellsouthpioneers.org](http://www.bellsouthpioneers.org)

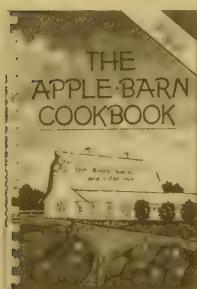
Following the success of our previous cookbooks, *Answering the Call of Those in Need* is a master collection of tried-and-true nutritional recipes. This book not only tells you how to cook, but WHY to cook. Learn what food can do to improve your body!

\$8.00 Retail price

ISBN 0-87197-297-2

\$4.00 Postage and handling

Make check payable to Tennessee Chapter 21



### THE APPLE BARN COOKBOOK

The Apple Barn and Cider Mill Phone 865-453-9319 or 800-421-4606  
230 Apple Valley Road  
Sevierville, TN 37862

Fax 865-453-4060

[www.applebarncidermill.com](http://www.applebarncidermill.com)

The Apple Barn has had hundreds of requests for our apple recipes, and many of our friends and customers have brought us their favorite recipes. It was a natural "labor of love" to compile these recipes into a cookbook for all to enjoy.

\$8.95 Retail price

ISBN 0-9611508-2-3

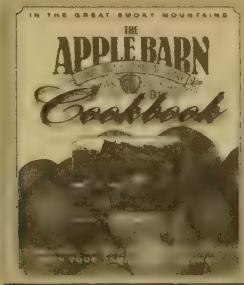
\$.63 Tax for TN residents

Visa/MC/Amex/Disc accepted

\$3.00 Postage and handling

Make check payable to The Apple Barn

## CONTRIBUTING COOKBOOKS



### THE APPLE BARN COOKBOOK II

The Apple Barn and Cider Mill Phone 865-453-9319 or 800-421-4606  
230 Apple Valley Road Fax 865-453-4060  
Sevierville, TN 37862 [www.applebarncidermill.com](http://www.applebarncidermill.com)

Discover the rich heritage and tradition of the Apple Barn Cider Mill and General Store—site of the famous homemade fried apple pie. Over 120 apple-filled recipes, plus delicious desserts—all quick and easy. Open year-round, stop by and visit the Apple Barn.

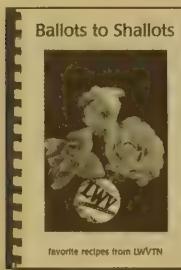
\$11.95 Retail price ISBN 0-9611508-3-1

\$ .84 Tax for TN residents

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\$4.00 Postage and handling

Make check payable to The Apple Barn



### BALLOTS TO SHALLOTS

League of Women Voters of Tennessee  
P O Box 383291

Germantown, TN 38183

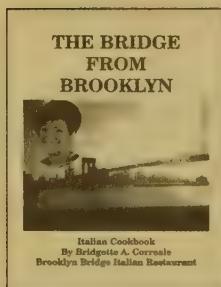
[www.lwutn.org](http://www.lwutn.org)

Packed with 433 recipes and loaded with tidbits of information, this is a cookbook lover's dream, whether you like to cook, read, or eat. Famous Tennesseans who contributed recipes include Cybill Shepherd, Dixie Carter, Kathy Bates, Elvis, and more.

\$15.00 Retail price

\$3.00 Postage and handling

Make check payable to LWV



### THE BRIDGE FROM BROOKLYN

by Bridgette A. Correale  
1779 Kirby Parkway  
Memphis, TN 38138

Phone 901-755-8637  
Fax 901-755-9727

Bridgette Correale shares with you her love for cooking and the wonderful memories of growing up in an Italian family. Photos, along with her sense of humor, make you laugh and wish the food was right in front of you.

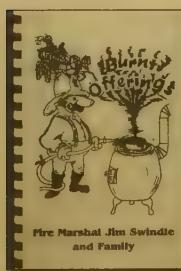
\$18.95 Retail price

\$1.76 Tax for TN residents

ISBN 1-59196-294-3  
Visa/MC/Amex accepted

\$4.50 Postage and handling

Make check payable to Bridgette A. Correale



### BURNT OFFERINGS

by Jim Swindle  
413 Bradford Circle  
Columbia, TN 38401

Phone 931-381-4080

A good book of firehouse proven recipes. Easy and quick to prepare. Written by a 30-year veteran fire marshal. These recipes are a way of bringing families closer together. From appetizers to desserts, you're sure to find a favorite!

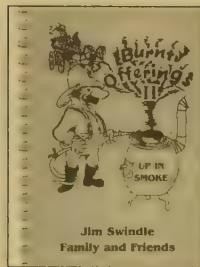
\$8.00 Retail price

\$ .74 Tax for TN residents

\$3.00 Postage and handling

Make check payable to Jim Swindle

## CONTRIBUTING COOKBOOKS



### BURNT OFFERINGS II

by Jim Swindle  
413 Bradford Circle  
Columbia, TN 38401

Phone 931-381-4080

This cookbook is an incredible collection of proven favorites contributed by family and friends of author Jim Swindle, a 30-year veteran fire marshal. Recipes are easy and quick to prepare—here's a book the whole family can enjoy!

\$15.00 Retail price  
\$1.39 Tax for TN residents  
\$3.00 Postage and handling

Make check payable to Jim Swindle



### CANDY'S FAVORITE RECIPES

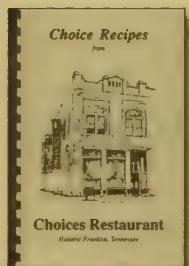
by Candy Gardino  
11916 Burnside Place  
Knoxville, TN 37922

Phone 865-675-1368

A collection of favorite recipes gathered from family and friends over the years. All these recipes have been enjoyed at family gatherings and dinner parties. 250 recipes. 90 pages.

\$10.00 Retail price  
\$.93 Tax for TN residents  
\$3.00 Postage and handling

Make check payable to Candy Gardino



### CHOICE RECIPES FROM CHOICES RESTAURANT

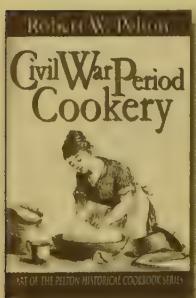
by Marilyn LeHew  
Calvin LeHew Co.  
P O Box 864  
Franklin, TN 37065

[www.factoryatfranklin.com](http://www.factoryatfranklin.com)

From appetizers to desserts, these recipes are sure to please. Marilyn LeHew, the author of this delightful book, owns Stoveworks, a restaurant at The Factory in Franklin, Tennessee. Enjoy her favorite recipes and share them with your friends and family.

\$7.95 Retail price  
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Make check payable to Calvin LeHew Co

Visa/MC accepted



### CIVIL WAR PERIOD COOKERY

by Robert W. Pelton  
[InfinityPublishing.com](http://InfinityPublishing.com)  
1094 New DeHaven Street, Suite 100  
West Conshohocken, PA 19428

Phone 877-289-2665

Fax 610-519-0261

[www.buybooksontheweb.com](http://www.buybooksontheweb.com)

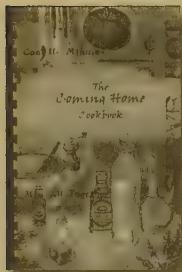
A unique collection of historical recipes including everything from biscuits to desserts and griddlecakes to pickles, as actually prepared by the wives, mothers, and daughters of such illustrious Tennesseans as General Nathan Bedford Forrest, Admiral Farragut, and others.

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Make check payable to [InfinityPublishing.com](http://InfinityPublishing.com)

ISBN 0-7414-0971-2

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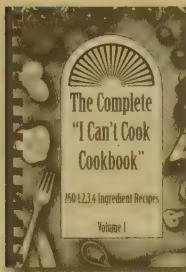
### THE COMING HOME COOKBOOK

by The Pregont Family  
1315 Chapman Court  
Spring Hill, TN 37174

Phone 615-302-1340

This cookbook is filled with 450 delicious recipes from the friends and family of Matt and Angel Pregont. The proceeds are being used to fund the adoption of their daughter from China.

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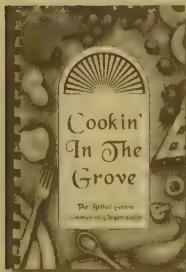
### THE COMPLETE "I CAN'T COOK COOKBOOK"

by Judy Tower  
3002 Berrywood Drive  
Humboldt, TN 38343

Phone 731-784-7888  
Fax 731-593-5931

Proceeds will be donated to the Tennessee Early Infants Services and Tennessee Interventions Parental Services. Needs include braces, hearing aids, and therapies. My two grandchildren and all children in these two programs wish to thank you.

\$10.00 Retail price  
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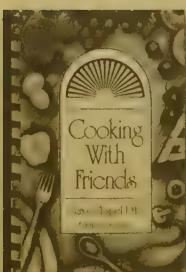


### COOKIN' IN THE GROVE

Bethel Grove Community Organization  
P O Box 140395  
Memphis, TN 38114

*Cookin' in the Grove* was an idea thought up by one of our members as a way of getting the community to work together. The cookbook has over 200 recipes. 100 pages.

\$8.00 Retail price  
Make check payable to Bethel Grove Community Organization



### COOKING WITH FRIENDS

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Collection of tried-and-true recipes used for many years by families associated with Curry Chapel UMC. This book is currently out of print.

## CONTRIBUTING COOKBOOKS



### COOKING WITH FRIENDS

Highland Heights Presbyterian Church  
Cordova, TN

*Cooking with Friends* is a collection of favorite recipes gathered from the congregation of Highland Heights Presbyterian Church. Some have been passed down through families for generations. Others are the result of successful experimentation. All are delicious! This book is currently out of print.



### COUNTRY FAVORITES

by Alma W. Gray  
824 Shatwell Street  
Memphis, TN 38111

Phone 901-324-7060

Contains 350 assorted recipes from my family collection. Recipes are made of ingredients most cooks have in their kitchen. Pictures and information on three generations of family cooking: my mother, myself, and my two daughters.

\$12.00 Retail price  
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Make check payable to Alma W. Gray



### A CULINARY COLLECTION

Gaylord Opryland Resort  
2800 Opryland Drive  
Nashville, TN 37214

Phone 615-889-1000, ext. 48160  
Fax 615-871-6789

Dedicated to the memory of Roy Acuff and Minnie Pearl, this cookbook is a collection of recipes featured in the Gaylord Opryland's world-class restaurants, offering readers a chance to sample some of the fare that guests visiting the hotel enjoy daily.

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### DINING IN THE SMOKY MOUNTAIN MIST

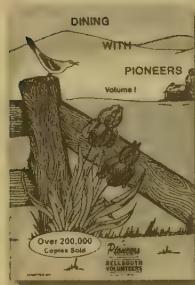
Junior League of Knoxville  
6701 Baum Drive, Suite 255  
Knoxville, TN 37919

Phone 865-584-4124  
Fax 865-584-4123  
[www.jlknoxville.org](http://www.jlknoxville.org)

*Dining in the Smoky Mountain Mist* is a delicately illustrated collection of seasonal delights from the Junior League of Knoxville, Tennessee. This hard-bound volume of 192 mouth-watering recipes includes local celebrity and restaurant sections. Nutritional information included for most recipes.

\$21.95 Retail price  
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## CONTRIBUTING COOKBOOKS



### DINING WITH PIONEERS VOLUME I

BellSouth Pioneers  
333 Commerce Street, 21st Floor  
Nashville, TN 37201-3300

[www.bellsouthpioneers.org](http://www.bellsouthpioneers.org)

University of Tennessee football fans can find tailgating recipes in this 722-page cookbook, such as the "Big Orange" sandwich. Or, if you're looking for helpful non-edible recipes, you can learn how to make play dough, silver cleaner, and whitewash.

\$14.00 Retail price  
\$4.00 Postage and handling

Make check payable to Tennessee Chapter 21



### DINING WITH PIONEERS VOLUME II

BellSouth Pioneers  
333 Commerce Street, 21st Floor  
Nashville, TN 37201-3300

[www.bellsouthpioneers.org](http://www.bellsouthpioneers.org)

In addition to favorite southern recipes, this 558-page cookbook features a large section on recipes for the microwave. For those interested in preserving food, you can find more than 60 recipes for pickling and making jams and jellies.

\$14.00 Retail price  
\$4.00 Postage and handling

Make check payable to Tennessee Chapter 21



### DIXIE KICKIN'S COUNTRY COOKING

by Mark DuFresne  
4924 Willow Drive  
Chattanooga, TN 37416

Phone 423-344-8926  
[www.dixiekickin.com](http://www.dixiekickin.com)

Collected and compiled over a 30-year period by Confederate Railroad's drummer, Mark DuFresne, this cookbook contains over 100 recipes on cooking and grilling—not just any recipes—his BEST recipes! Mark knows country cooking and says you won't find better recipes anywhere.

\$16.95 Retail price  
ISBN 1-59196-521-7  
Pay Pal orders accepted online

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Harmon's Enterprises  
P O Box 110  
Pocahontas, TN 38061-0110

Phone 731-376-2228  
Fax 731-376-8779

*Favorite Recipes Home-Style* was written using thoughts of the way one would remember their favorite meals being prepared by those they love and trust. A collection of handed-down recipes that are sure to please today's palates. Over 345 recipes, index, food pyramid, and other helpful information.

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by Patrick Ward

Feed U S First

640 Grove Avenue, SW  
Cleveland, TN 37311

[www.simpson-epublishing.com](http://www.simpson-epublishing.com)

*Feed U S First* is a cookbook where the profits go to feed the hungry, through food banks and shelters. You will find in excess of 135 of my favorite recipes as well as those of friends and fellow chefs across the United States.

\$10.95 Retail price

\$1.00 Tax for TN residents

\$2.55 Postage and handling

ISBN 0-9745006-X

Pay Pal orders accepted online

Make check payable to Feed U.S. First



### FINE DINING TENNESSEE STYLE

by John Bailey

Quail Ridge Press

P O Box 123

Brandon, MS 39043

Phone 800-343-1583

Fax 800-864-1082

[www.quailridge.com](http://www.quailridge.com) • [info@quailridge.com](mailto:info@quailridge.com)

Author John Bailey invites you to enjoy signature recipes from 120 of the most talented chefs, and the finest restaurants and bed and breakfast inns across the state of Tennessee, along with beautiful photography and interesting information about each region.

\$29.95 Retail price

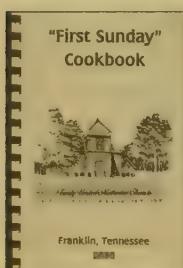
\$2.10 Tax for MS residents

\$4.00 Postage and handling

ISBN 1-893062-59-7

Visa/MC/Disc/Amex accepted

Make check payable to Quail Ridge Press



### FIRST SUNDAY COOKBOOK

Women's Group of Trinity United Methodist Church

Phone 615-790-9783

2084 Wilson Pike

[www.TrinityMethodistChurch.com](http://www.TrinityMethodistChurch.com)

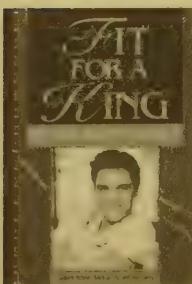
Franklin, TN 37067

This cookbook shares very special feelings of "First Sunday"—a time to celebrate Holy Communion, and to gather afterwards to share a meal and celebrate being together. This cookbook has many family favorites passed on from generation to generation.

\$10.00 Retail price

\$2.50 Postage and handling

Make check payable to Trinity United Methodist Church



### FIT FOR A KING

by Elizabeth McKeon, Ralph Gevirtz, and Julie Bandy

Phone 800-933-9673

Rutledge Hill Press

[www.thomasnelson.com](http://www.thomasnelson.com)

P O Box 141000

Nashville, TN 37214

Elvis Presley liked traditional southern cooking. *Fit for a King* has more than 300 recipes for foods Elvis enjoyed, many of them provided by his long-time cook, Alvena Roy. Contains rare photos and delightful anecdotes and quotations. Illustrated and indexed.

ISBN 1-55853-196-3

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## CONTRIBUTING COOKBOOKS



### FITE FOR YOUR LIFE II

by Janis Forbes Fite, R.N.  
Choices Unlimited, Inc.  
89 Stonehaven Drive  
Jackson, TN 38305

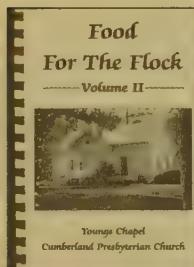
Phone 731-668-5602  
Fax 731-661-0805

*Fite for Your Life II* is a practical approach to a lifestyle of eating high-fiber, low-fat foods. The majority of the recipes contain only one fat gram per piece, per portion, or per serving. It contains 383 pages and 806 recipes.

\$19.95 Retail price  
\$1.95 Tax for TN residents  
\$2.55 Postage and handling

ISBN 0-9654322-1-1

Make check payable to Choices Unlimited, Inc.



### FOOD FOR THE FLOCK VOLUME II

Youngs Chapel Cumberland Presbyterian Church  
114 Lawson Mill Road  
Kingston, TN 37763

Phone 865-882-7152

Over 100 treasured family keepsakes as well as new recipes. The recipes are categorized with tabs. All recipes reflect the love of good cooking and include lots of good country cooking!

\$6.00 Retail price (includes postage and handling)  
Make check payable to Youngs Chapel Church



### FORGOTTEN RECIPES

by Jaine Rodack  
Wimmer Cookbooks  
4650 Shelby Air Drive  
Memphis, TN 38118

Phone 800-548-2537  
Fax 800-794-9806  
[www.wimmerco.com](http://www.wimmerco.com)

This gem of a cookbook serves up 190 pages of nostalgia. The book is loaded with recipes taken from Jaine's collection of old magazines, along with delectable morsels on the life, times, and celebrities of the day.

\$15.95 Retail price  
\$1.48 Tax for TN residents  
\$3.50 Postage and handling

ISBN 0-918544-60-2  
Visa/MC/Amex accepted

Make check payable to Wimmer Cookbooks



### FRIENDS AND FAMILY: RECIPES AND REMEMBRANCES

by Elree Hillin Conard  
2011 Richard Jones, Apt. J-1  
Nashville, TN 37215

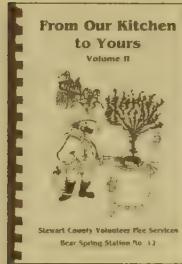
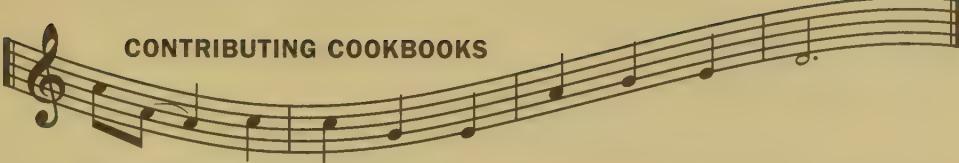
Phone 615-383-3429

*Friends and Family: Recipes and Remembrances* is a collection compiled over 50 years, ranging from country to gourmet. It presents sufficient choices to save search time for special occasions. Its style is light-hearted and without complication. 168 pages. 250 recipes.

\$10.00 Retail price  
\$1.00 Tax for TN residents  
\$2.00 Postage and handling

Make check payable to Elree Hillin Conard

## CONTRIBUTING COOKBOOKS



### FROM OUR KITCHEN TO YOURS VOLUME II

Stewart County Volunteer Fire Services

Bear Spring Station No. 12  
1759 Highway 49  
Dover, TN 37058

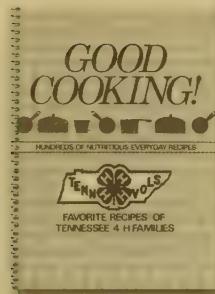
Phone 931-232-5928

This cookbook contains over 400 recipes from some of the best cooks in this area, along with tidbits of Stewart County history. Proceeds from this fundraising project benefit the Stewart County Volunteer Fire Services Station No. 12 building fund.

\$10.00 Retail price

\$2.50 Postage and handling

Make check payable to SCVFS Station 12



### GOOD COOKING!

Tennessee 4-H Foundation  
2621 Morgan Circle, 205 Morgan Hall  
Knoxville, TN 37996-4510

[www.utextension.com](http://www.utextension.com)

*Good Cooking!* features favorite recipes of Tennessee 4-H families. Originally published in 1983, it includes more than 450 nutritious, everyday recipes contributed by members, agents, and volunteers. Most recipes include nutritional information based on serving size.

\$10.00 Retail price

\$1.00 Postage and handling

Make check payable to Tennessee 4-H Foundation



### GOOD HUMOR COOKIN'

*The Daily News Journal*  
Attn: Marketing Director  
224 N. Walnut Street  
Murfreesboro, TN 37130

Phone 615-278-5110  
Fax 615-893-7735

This cookbook honors great regional cooks, reflects a mood of southern dining and atmosphere, and shows the fun that goes along in the creation and consumption of delectable tasty culinary creations. 190 pages.

\$16.95 Retail price

\$1.65 Tax for TN residents

\$3.00 Postage and handling

ISBN 0-9659940-0-7

Make check payable to *The Daily News Journal*



### HAVE YOU HEARD...A TASTEFUL MEDLEY OF MEMPHIS

Subsidium Publications  
4711 Spottsworth  
Memphis, TN 38117

Phone 901-683-6557  
[www.subsidium.org](http://www.subsidium.org)

Explore landmarks of historic Memphis while trying over 400 easy, original, and family-tested recipes that bring true southern cooking to life. All proceeds from this 272-page book benefit the Memphis Oral School for the Deaf.

\$15.00 Retail price

\$2.00 Postage and handling

ISBN 0-9658361-0-X

Make check payable to Subsidium, Inc.

## CONTRIBUTING COOKBOOKS



### HISTORICAL CHRISTMAS COOKERY

by Robert W. Pelton

InfinityPublishing.com

1094 New DeHaven Street, Suite 100  
West Conshohocken, PA 19428

Phone 877-289-2665

Fax 610-519-0261

[www.buybooksontheweb.com](http://www.buybooksontheweb.com)

*Historical Christmas Cookery* is chock-full of delightfully delicious ideas favored by many famous families of yesteryear. It contains the prized recipes for those Christmas dishes served and eaten by some of the heroes of the Revolutionary War.

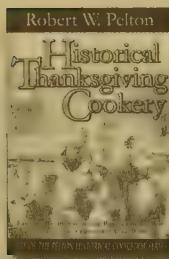
\$15.95 Retail price

ISBN 0-7414-1088-5

\$4.50 Postage and handling

Visa/MC/Amex/Disc accepted

Make check payable to [InfinityPublishing.com](http://InfinityPublishing.com)



### HISTORICAL THANKSGIVING COOKERY

by Robert W. Pelton

InfinityPublishing.com

1094 New DeHaven Street, Suite 100  
West Conshohocken, PA 19428

Phone 877-289-2665

Fax 610-519-0261

[www.buybooksontheweb.com](http://www.buybooksontheweb.com)

Prized recipes by Tennessee natives such as General Nathan Bedford Forrest, Admiral David Farragut, and others, as well as dishes eaten by Revolutionary War heroes and those who wore both the blue and the gray during the Civil War.

\$15.95 Retail price

ISBN 0-7414-1141-5

\$4.50 Postage and handling

Visa/MC/Amex/Disc accepted

Make check payable to [InfinityPublishing.com](http://InfinityPublishing.com)



### HOLIDAYS AT HOME

*The Tennessee Magazine* Cookbook

P O Box 100912

Nashville, TN 37224

Phone 615-367-9284

Fax 615-367-2495

A collection of holiday recipes taken from the pages of *The Tennessee Magazine*. Filled with traditional dishes that can be enjoyed year round. Over 200 recipes along with photographs from the magazine.

\$12.95 Sale price (Retail price \$15.95)

ISBN 0-9675095-0-5

Visa/MC accepted

Make check payable to *The Tennessee Magazine*



### JACK DANIEL'S OLD TIME BARBECUE COOKBOOK

by Vince Staten

The Sulgrave Press

2005 Longest Avenue  
Louisville, KY 40204

Fax 502-459-9715

It's all here: the sauce, the meats, the side dishes, the breads, the desserts, and the drinks—about 300 recipes and hundreds of photographs that lead you through the country trails to the kitchens and charcoal pits where fine cooking is found.

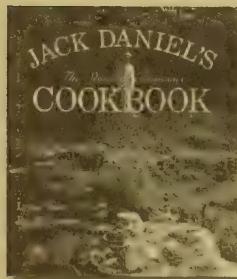
\$29.95 Retail price

ISBN 0-9624086-2-X

\$4.00 Postage and handling

Make check payable to The Sulgrave Press

## CONTRIBUTING COOKBOOKS



### JACK DANIEL'S THE SPIRIT OF TENNESSEE COOKBOOK

by Lynne Tolley and Pat Mitchamore  
Rutledge Hill Press  
P O Box 141000  
Nashville, TN 37214

Phone 800-933-9673

[www.thomasnelson.com](http://www.thomasnelson.com)

The rich tradition of country cooking and the heritage of rural America are all elegantly captured in this outstanding cookbook, with more than 350 recipes, stunning full-color photographs, and stories of the people, places, and traditions of Middle Tennessee.

ISBN 1-55853-001-0  
Visa/MC accepted



### KEY INGREDIENTS

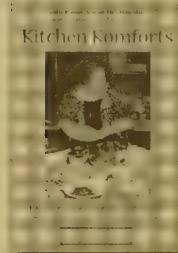
The Le Bonheur Club, Inc.  
1047 Cresthaven  
Memphis, TN 38119

Phone 901-682-9905  
[www.lebonheurclub.org](http://www.lebonheurclub.org)

Unlock your taste buds with *Key Ingredients*, which includes more than 300 recipes, professional photographs, cooking tips, and heartfelt patient stories. The cookbook, which includes recipes from club members and local and national celebrities, will benefit Le Bonheur Children's Medical Center.

\$23.95 Retail price  
\$5.00 Postage and handling  
Make check payable to Le Bonheur Club Cookbook

ISBN 0-9722730-0-X



### KITCHEN KOMFORTS

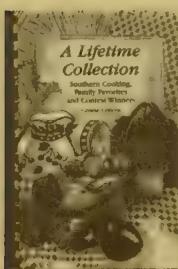
by LuLu Roman  
Cumberland House Publishing  
431 Harding Ind. Drive  
Nashville, TN 37211

Phone 888-439-2665  
Fax 615-832-0633  
[sales@cumberlandhouse.com](mailto:sales@cumberlandhouse.com)  
[www.cumberlandhouse.com](http://www.cumberlandhouse.com)

This book is filled with dishes that are down-home and down-right good food. LuLu Roman (from Hee Haw fame) will bring warmth to your heart and a smile to your face. 200 pages.

\$14.95 Retail price  
\$3.50 Postage and handling  
Make check payable to Cumberland House Publishing

ISBN 1-58182-382-7  
Visa/MC accepted



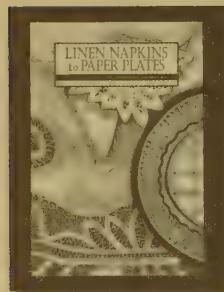
### A LIFETIME COLLECTION

by Connie Cobern  
124 Clearview Circle  
Hendersonville, TN 37075

Included are more than 60 blue-ribbon and award-winning recipes for breads, desserts, cookies, candies, jams, and jellies, plus more than 300 recipes for meats and vegetables, and great seafood and ethnic dishes, representing real southern cooking.

\$18.00 Retail price  
\$2.00 Postage and handling  
Make check payable to Connie Cobern

## CONTRIBUTING COOKBOOKS



### LINEN NAPKINS TO PAPER PLATES

Junior Auxiliary of Clarksville

P O Box 30

Clarksville, TN 37041-0030

Enjoy a collection of fresh and time-honored recipes. There is something for the novice cook as well as the accomplished, ranging from quick and easy to more complicated and spectacular dishes which all reflect the traditions of warm southern hospitality.

\$19.95 Retail price

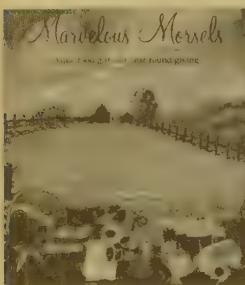
\$1.99 Tax for TN residents

\$3.50 Postage and handling

ISBN 0-9663244-0-4

Visa/MC accepted

Make check payable to Jr. Auxiliary of Clarksville



### MARVELOUS MORSELS

by Maggie Ruth Smith

619 Adams Street

Manchester, TN 37355

Phone 931-723-0205

Fax 413-403-5667

*Marvelous Morsels* is organized by the seasons of the year. Clear directions are offered in an artful manner for creative and unique, yet simple foods. Recipes are preceded by gift-giving suggestions. 128 pages. 110 recipes.

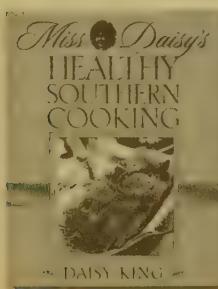
\$12.00 Retail price

\$ .99 Tax for TN residents

\$2.50 Postage and handling

ISBN 0-9704331-0-7

Make check payable to Maggie R. Smith



### MISS DAISY'S HEALTHY SOUTHERN COOKING

by Daisy King

Cumberland House Publishing

431 Harding Ind. Drive

Nashville, TN 37211

Phone 888-439-2665

Fax 615-832-0633

[sales@cumberlandhouse.com](mailto:sales@cumberlandhouse.com)

[www.cumberlandhouse.com](http://www.cumberlandhouse.com)

More than just a cookbook, this is a guide to a healthy lifestyle. Miss Daisy offers helpful hints on how to shop for groceries, plan menus, dine at restaurants, order fast food, and understand the nutrition labels. 286 pages.

\$18.95 Retail price

\$3.50 Postage and handling

ISBN 1-58182-395-9

Visa/MC accepted

Make check payable to Cumberland House Publishing

### MISS MARY BOBO'S BOARDING HOUSE COOKBOOK

by Pat Mitchamore; Edited by Lynne Tolley

Rutledge Hill Press

P O Box 141000

Nashville, TN 37214

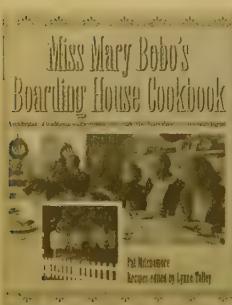
Phone 800-933-9673

[www.thomasnelson.com](http://www.thomasnelson.com)

Now you can give your guests the same delicious meals—traditional southern dishes—served at Miss Mary Bobo's Boarding House. None are difficult to cook, but all are best when prepared by caring hands and served with friendship.

ISBN 1-55853-314-1

Visa/MC accepted



## CONTRIBUTING COOKBOOKS



### NOTHING SAYS LOVING LIKE SOMETHING FROM THE KITCHEN

by Peggy Hutchison  
851 Skunk Hollow Road  
McKenzie, TN 38201

Phone 731-352-3867  
Fax 731-352-0456

This 140-page cookbook contains some 400 tried-and-true, delicious recipes collected over a 20-year period. These recipes represent a true labor of love. Many are bound to become treasured favorites. Enjoy!

\$15.00 Retail price  
\$1.35 Tax for TN residents  
\$3.00 Postage and handling

Make check payable to Peggy Hutchison



### ONCE UPON A RECIPE

YMCA of Middle Tennessee  
5101 Maryland Way  
Brentwood, TN 37027

Phone 615-369-0906  
Fax 615-369-0908

*Once Upon a Recipe* is the first association-wide cookbook published. It contains 30-minute meal ideas for friends on the go, recipes for kids, nutritious recipes, modifications for healthier eating, nutrition analysis, and resources. 190 pages. 125 recipes.

\$18.95 Retail price  
\$1.57 Tax for TN residents  
\$3.00 Postage and handling for 1st book, \$1.75 each additional

Make check payable to YMCA of Middle Tennessee



### OPEN HOUSE: A CULINARY TOUR

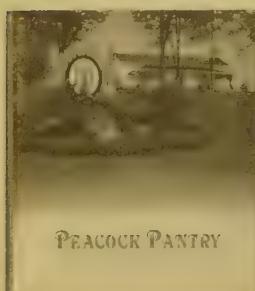
Junior League of Murfreesboro  
P O Box 10541  
Murfreesboro, TN 37129

Phone 615-848-0901

Whether you're hosting an elegant holiday gathering or a casual summer luncheon, *Open House* gives you helpful menus and tasty triple-tested recipes. Complemented by photography of the area's most notable homes, and sprinkled with interesting bits of information about Murfreesboro.

\$24.95 Retail price  
\$2.50 Tax for TN residents  
\$4.00 Postage and handling for 1st book, \$2.00 each additional

Make check payable to Junior League of Murfreesboro



### PEACOCK PANTRY

by Anita Ogilvie  
6994 Giles Hill Road  
College Grove, TN 37046

Phone 615-368-7727  
Fax 615-368-7933

*Peacock Pantry* is filled with my favorite recipes, many of which are served to guests of Peacock Hill Country Inn. There are 275 pages in the book with 225 recipes. There are wild peacocks on the property, hence the name.

\$19.95 Retail price  
\$1.85 Tax for TN residents  
\$3.00 Postage and handling

Make check payable to Peacock Hill

## CONTRIBUTING COOKBOOKS



### PREMIUM RECIPES

Gamma Iota Sigma Omega Chapter  
P O Box 165  
MTSU 1301 E Main Street  
Murfreesboro, TN 37132

Phone 615-898-2673  
Fax 615-898-5596

This book contains hundreds of mouth-watering recipes submitted from the kitchens of outstanding cooks throughout the mid-South. Recipes are categorized by major food categories. Having already sold hundreds of copies, this book is still in high demand.

\$10.00 Retail price

Make check payable to Gamma Iota Sigma



### PROVISIONS & POLITICS

James K. Polk Home  
P O Box 741  
Columbia, TN 38402

Phone 931-388-2354

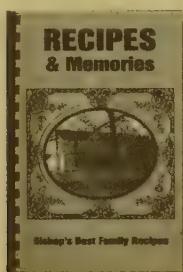
Divided into eight traditional categories, *Provisions & Politics* offers an eclectic mix of recipes that range from tried-and-true southern favorites to contemporary cuisine. The 192-page hardback book provides inspirational menus and historical vignettes about the Polk's life in Tennessee.

\$25.95 Retail price

\$4.00 Postage and handling

Make check payable to James K. Polk Home

ISBN 0-9728707-0-9



### RECIPES & MEMORIES: BISHOP'S BEST FAMILY RECIPES

by Valeria Bishop/ Bishop Family  
1305 Newcastle Drive  
Somerville, TN 38068

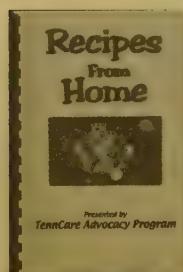
Phone 901-465-3473

This book consists of 150 recipes collected from members of the Bishop family. Most of them came from small farming communities in west Tennessee. There are also a few poems, memories, and humor added for a little extra spice.

\$8.00 Retail price

\$2.00 Postage and handling

Make check payable to Valeria Bishop



### RECIPES FROM HOME

TennCare Advocacy Program  
P O Box 40136  
Nashville, TN 37204

Phone 615-313-9841, ext. 256  
Fax 615-313-9242

A multi-cultural cookbook with over 300 recipes representing over 20 different cultures including American, Bosnian, Brazilian, Chinese, Cuban, Egyptian, Filipino, French, German, Indian, Irish, Italian, Kurdish, Mediterranean, Mexican, Middle Eastern, Somalian, Thai, Vietnamese, and more.

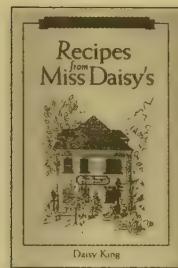
\$10.00 Retail price

\$.93 Tax for TN residents

\$3.50 Postage and handling

Make check payable to TennCare Advocacy Program

## CONTRIBUTING COOKBOOKS



### RECIPES FROM MISS DAISY'S

by Daisy King  
Cumberland House Publishing  
431 Harding Ind. Drive  
Nashville, TN 37211

Phone 888-439-2665  
Fax 615-832-0633

[sales@cumberlandhouse.com](mailto:sales@cumberlandhouse.com)  
[www.cumberlandhouse.com](http://www.cumberlandhouse.com)

Best known as the "Little Yellow Cookbook," this book and its recipes originated from Miss Daisy's Tearoom, a place where southern ladies and gentlemen could dine on traditional food with a southern flair. 152 pages.

\$10.95 Retail price  
\$3.50 Postage and handling  
Make check payable to Cumberland House Publishing

ISBN 1-58182-368-1  
Visa/MC accepted



### SENIOR LEADERS COOKBOOK

Senior Leaders, Inc.  
Attn: Jennie Morring  
3910 Stuart Road, A1303  
Memphis, TN 38111

Phone 901-324-0378

*Senior Leaders Cookbook* is a collection of 326 recipes and stories submitted by seniors. Many grew up during the "Great Depression." Many of the stories serve as a history of how people lived and ate in days gone by.

\$20.00 Retail price  
\$3.50 Postage and handling  
Make check payable to Senior Leaders, Inc.

ISBN 0-9709043-0-4



### SHARING OUR BEST

Apples of Gold Women's Ministry of Franklin Community Church  
Attn: Stephanie Monroe  
329 Cannonade Circle  
Franklin, TN 37069-1830

Phone 615-791-5839

*Sharing Our Best* contains over 400 recipes. All contributing members are busy moms, therefore many recipes are easy and family friendly. There are many crockpot, make-ahead, and one-dish meals featured. Numerous special-occasion recipes are also included. 240 pages.

\$10.00 Retail price  
\$2.00 Postage and handling  
Make check payable to Stephanie Monroe



### SHARING OUR BEST

Life Care of East Ridge  
1500 Fincher Street  
East Ridge, TN 37412

Phone 423-894-1254

*Sharing Our Best* contains 200 favorite recipes from residents, staff, family members, and friends of the Life Care Center of East Ridge. Tried-and-true favorites from soup to dessert and everything in between. Proceeds go to the Alzheimer's Association.

\$12.00 Retail price  
\$3.00 Postage and handling  
Make check payable to Life Care Center of East Ridge

## CONTRIBUTING COOKBOOKS



### SMOKE IN THE MOUNTAINS COOKBOOK

by Kent Whitaker

Quail Ridge Press

P O Box 123

Brandon, MS 39043

Phone 800-343-1583

Fax 800-864-1082

[www.quailridge.com](http://www.quailridge.com) • [info@quailridge.com](mailto:info@quailridge.com)

Kent Whitaker, winner of the Emeril Live Food Network Barbecue Contest, brings you more than 300 easy-to-use recipes, barbecue tips, and the inside scoop on the best barbecue restaurants in the Appalachians. 288 pages.

\$16.95 Retail price

\$1.19 Tax for MS residents

\$4.00 Postage and handling

ISBN 1-893062-61-9

Visa/MC/Amex/Disc accepted

Make check payable to Quail Ridge Press



### SMOKETHOUSE HAM, SPOON BREAD, & SCUPPERNONG WINE

by Joseph Dabney

Cumberland House Publishing

431 Harding Ind. Drive

Nashville, TN 37211

Phone 888-439-2665

Fax 615-832-0633

[sales@cumberlandhouse.com](mailto:sales@cumberlandhouse.com)

[www.cumberlandhouse.com](http://www.cumberlandhouse.com)

Winner of the 1999 James Beard Foundation Award. A scrumptious slice of smoky mountain and Blue Ridge Hill country folklore. 494 pages.

\$19.95 Retail price

\$4.50 Postage and handling

ISBN 1-58182-004-6

Visa/MC accepted

Make check payable to Cumberland House Publishing



### SMOKY MOUNTAIN MAGIC

Junior League of Johnson City

P O Box 1082

Johnson City, TN 37605

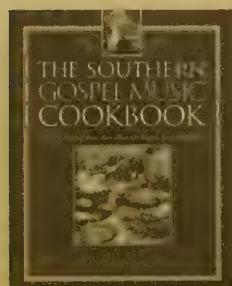
*Smoky Mountain Magic* contains over 380 pages of traditional, easy-to-follow Tennessee favorites that have been passed down from generation to generation, and also includes sections on canning, homemade remedies, measurement and buying guides, and sauces and dressings.

\$18.95 Retail price

\$4.00 Postage and handling

ISBN 0-9642075-2-4

Make check payable to Junior League of Johnson City



### THE SOUTHERN GOSPEL MUSIC COOKBOOK

by Bethni Hemphill, Brenda McClain, Ken Beck, and Jim Clark

Cumberland House Publishing

431 Harding Ind. Drive

Nashville, TN 37211

Phone 888-439-2665

Fax 615-832-0633

[sales@cumberlandhouse.com](mailto:sales@cumberlandhouse.com)

[www.cumberlandhouse.com](http://www.cumberlandhouse.com)

A collection of more than 200 recipes from those who know the music best. Woven throughout is history of southern gospel music, photographs, short stories, and fascinating trivia and facts. 272 pages.

\$16.95 Retail price

\$3.50 Postage and handling

ISBN 1-888952-76-8

Visa/MC accepted

Make check payable to Cumberland House Publishing

## CONTRIBUTING COOKBOOKS



### THE TABLE AT GREY GABLES

by Linda Brooks Jones  
Cumberland House Publishing  
431 Harding Ind. Drive  
Nashville, TN 37211

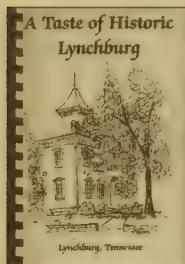
Phone 888-439-2665  
Fax 615-832-0633

[sales@cumberlandhouse.com](mailto:sales@cumberlandhouse.com)  
[www.cumberlandhouse.com](http://www.cumberlandhouse.com)

More than 350 recipes for high tea, brunches, lunches, and sit-down meals are included, as are abundant numbers of appetizers, sorbets, soups, salads, entrees, vegetables, and much more. 320 pages.

\$18.95 Retail price  
\$3.50 Postage and handling  
Make check payable to Cumberland House Publishing

ISBN 1-888952-99-7  
Visa/MC accepted



### A TASTE OF HISTORIC LYNCHBURG

by Ola Cleek  
P O Box 64  
Lynchburg, TN 37352

This is a collection of some good recipes from my family, some close friends, and myself. There are 116 pages plus and 368 recipes. Also included are facts about historic Lynchburg, Tennessee, home of Jack Daniel's Distillery.

\$12.00 Retail price  
\$3.00 Postage and handling  
Make check payable to Ola Cleek

### A TASTE OF THE GOOD LIFE: FROM THE HEART OF TENNESSEE

Saint Thomas Heart Institute, Cardiac Health and Rehabilitation  
4220 Harding Road  
Nashville, TN 37205

Phone 615-222-2008  
Fax 615-222-4120

Anyone interested in eating well and, at the same time, controlling dietary fat, cholesterol, and sodium will find this cookbook helpful. The cookbook features many photographs of Nashville of yesteryear, along with revised heart-healthy recipes for many "southern favorites."

\$16.95 Retail price  
\$3.00 Postage and handling  
Make check payable to Saint Thomas Hospital

ISBN 0-9655243-0-2

### TASTE OF THE TOWN

NewsChannel 5  
474 James Robertson Parkway  
Nashville, TN 37219

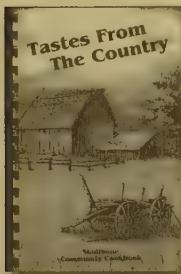
Phone 615-737-SHOP  
[pbrown@newschannel5.com](mailto:pbrown@newschannel5.com)

If you've ever watched *Talk of the Town*, you know we love to cook, and our viewers do, too. Our cookbook includes the most requested recipes from your favorite chefs, and some personal favorites of the NewsChannel 5 family.

\$15.95 Retail price  
\$4.00 Postage and handling  
Make check payable to *Talk of the Town*

ISBN 0-9654961-0-4

## CONTRIBUTING COOKBOOKS



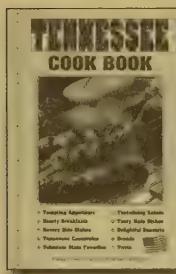
### TASTES FROM THE COUNTRY

Skullbone Community Center  
2835 Rockcreek Parkway  
Cordova, TN 38016

Phone 901-481-8728

Fabulous recipes contributed by neighbors, relatives, and friends of the Skullbone Community Center, a gathering place for the general public to use for group functions, parties, picnics, etc. Proceeds from the sale of this cookbook help support the Community Center.

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### TENNESSEE COOK BOOK

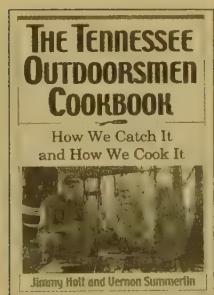
Golden West Publishers  
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### THE TENNESSEE OUTDOORSMEN COOKBOOK

by Jimmy Holt and Vernon Summerlin  
Rutledge Hill Press  
P O Box 141000  
Nashville, TN 37214

Phone 800-933-9673

[www.thomasnelson.com](http://www.thomasnelson.com)

Former host of *Tennessee Outdoorsmen*, Jimmy Holt has teamed up with outdoor/travel writer and radio personality Vernon Summerlin to create hundreds of recipes for preparing fish, game, and companion dishes. Includes anecdotes and tips on fishing, hunting, and cooking.

ISBN 1-55853-962-X  
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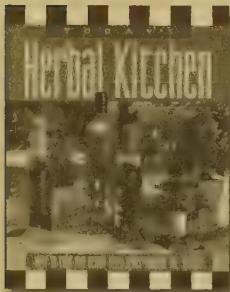
### TOAST TO LOVE

by Laura Phelps  
1737 Oakway Circle  
Columbia, TN 38401

This cookbook was published for my daughter as a wedding gift. As a new cook, she wanted the family recipes. Contains 298 easy-to-follow recipes from the best cooks in the family. Three-ring binder, 7x9 inches, 120 plus pages, spine title.

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### TREASURES FROM HEAVEN

by Becky Park  
176 Park Extended  
Friendship, TN 38034

Phone 731-677-2520  
Fax 731-677-2785

*Treasures from Heaven* is in its fifth printing. The single pink rose on the cover represents love of family and friends. The author's life story adds a bit of humor and good reading to the simple recipe style. 301 pages. 800 recipes.

\$18.00 Retail price  
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Make check payable to *Treasures from Heaven*



### TREASURES FROM HEAVEN VOLUME II

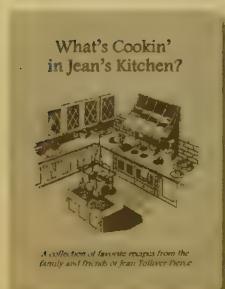
by Becky Park  
176 Park Extended  
Friendship, TN 38034

Phone 731-677-2520  
Fax 731-677-2785

*Volume II* has 200 recipes, and when added to the 800 in Volume I, the author's goal of 1,000 recipes collected is complete. The sidebar shopping list has been a very successful idea. The author cites, "Recipes are always remembered when shared."

\$15.00 Retail price  
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by Jean Pierce  
902 Royal Trail  
Manchester, TN 37355

Phone 931-728-1518

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## CONTRIBUTING COOKBOOKS



### WHOP BISCUITS & FRIED APPLE PIE

by Kathy Shields Guttman  
6021 Yonge Street, Suite 300  
Toronto, Canada M2M 3W2

Phone 416-224-5076

Fax 416-224-5340

[kathyguttman@rogers.com](mailto:kathyguttman@rogers.com)

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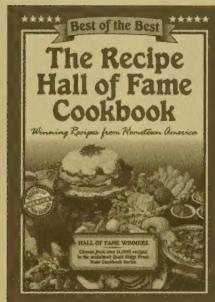


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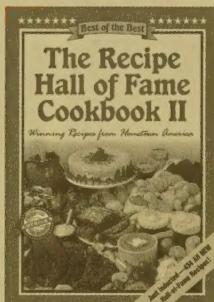
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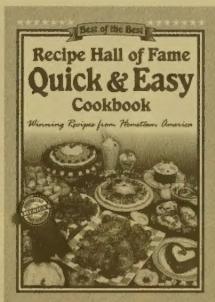
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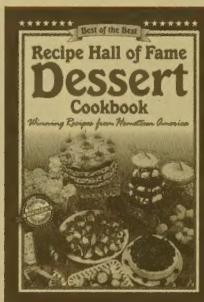
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